

Revised International Table of Glycemic Index (GI) and Glycemic Load (GL) Values— 2002

By David Mendosa

This is the definitive table for both the glycemic index and the glycemic load. I am able to reproduce it here courtesy of the author, Professor Jennie Brand-Miller of the University of Sydney. It is based on a table with more columns but no more foods published July 2002 in the *American Journal of Clinical Nutrition*, pages 5-56.

GI of 55 is low; GL of 10 is low.

This table includes 750 foods. Not all of them, however, are available in the United States. They represent a true international effort of testing around the world.

The glycemic index (GI) is a numerical system of measuring how much of a rise in circulating blood sugar a carbohydrate triggers—the higher the number, the greater the blood sugar response. So a low GI food will cause a small rise, while a high GI food will trigger a dramatic spike. A list of carbohydrates with their glycemic values is shown below. A GI of 70 or more is high, a GI of 56 to 69 inclusive is medium, and a GI of 55 or less is low.

The glycemic load (GL) is a relatively new way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than does glycemic index alone. A GI value tells you only how rapidly a particular carbohydrate turns into sugar. It doesn't tell you how much of that carbohydrate is in a serving of a particular food. You need to know both things to understand a food's effect on blood sugar. That is where glycemic load comes in. The carbohydrate in watermelon, for example, has a high GI. But there isn't a lot of it, so watermelon's glycemic load is relatively low. A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.

Foods that have a low GL almost always have a low GI. Foods with an intermediate or high GL range from very low to very high GI.

Both GI and GL are listed here. The GI is of foods based on the glucose index—where glucose is set to equal 100. The other is the glycemic load, which is the glycemic index divided by 100 multiplied by its available carbohydrate content (i.e. carbohydrates minus fiber) in grams. (The "Serve size (g)" column is the serving size in grams for calculating the glycemic load; for simplicity of presentation I have left out an intermediate column that shows the available carbohydrates in the stated serving sizes.) Take, watermelon as an example of calculating glycemic load. Its glycemic index is pretty high, about 72. According to the calculations by the people at the University of Sydney's Human Nutrition Unit, in a serving of 120 grams it has 6 grams of available carbohydrate per serving, so its glycemic load is pretty low, $72/100*6=4.32$, rounded to 4.

Advanced Glycemic Load Data

A correspondent named Ralph Brown, who is an Excel expert, took this new table of glycemic index and glycemic load values and added new dimensions to it. He calculated the glycemic load of all the foods per gram or ml and per ounce. He also ranked the glycemic load of foods overall and within their categories. Along

the way he discovered nine internal inconsistencies in the new glycemic load calculations. Then I studied the data and found six more inconsistencies. I brought this information to the attention of the team at the University of Sydney in Australia that prepared the original table, and they corrected it. Subsequently, Hilary Ross added an index at the start to make it easier to navigate. Then, Rich Wolf in Bend, Oregon, found more errors while adding logic to the column for GL. So he added a column J that takes the GI entered data (in column C) and extracts the average portion as a number for calculation of GL in Column D. He also added the Conditional Formatting feature to Column J and D based on the information on the site that adds background color based on value. This should save time and add accuracy to the sheet. Ralph's advanced data with Hilary's index is on-line and Rich's further improvements are at http://www.mendosa.com/GI_GL_Carb_data1.xls.

My previous glycemic lists page, which was based on the original 1995 "International Tables of Glycemic Index," had different listings. I dropped the listing based on the white bread index, because it confused too many people. To convert values based on the index where glucose = 100 to the index where white bread = 100 simply multiply by 1.4. Previously this page also had a list of foods in order of G.I.

Except as noted, each of the G.I. values shown below are based on the 120 studies in the professional literature referenced in the *American Journal of Clinical Nutrition*, July 2002.

I know that some people would prefer the relative simplicity of a list of just the most common American foods. You can find such a list at http://www.mendosa.com/common_foods.htm.

If you are looking for a relatively simple description of the glycemic index, please see my article titled "The Glycemic Index" at <http://www.mendosa.com/gidigest.htm>.

Notice!

You can print out this file. But before printing, be sure to check if the last column is fully visible. On my computer I needed to change the margins in Internet Explorer (with file, page setup) from 0.75 inches to 0.25 inches. You may need to make it even wider by changing the print setup orientation from the normal portrait to landscape. Then, please first check if you've got it by printing just one page *of the table*.

This table may be freely utilized for personal use, but may not be copied to any other Web site. Webmasters of other Web sites are, however, welcomed to link this Web page.

This "revised" table now (September 6, 2002) corrects 14 glyceimic load calculations from the version printed in the *American Journal of Clinical Nutrition*. A correspondent, Ralph Brown, discovered eight inconsistencies, and I found six others. When I brought this to the attention of the team at the University of Sydney, they prepared a correction for the journal to print.

Before asking about the glyceimic index or glyceimic load, please refer to my main [Glyceimic Index page](#).

REVISED INTERNATIONAL TABLE OF GLYCEMIC INDEX (GI) AND GLYCEMIC LOAD (GL)—2002 ¹

Food Number and Item	GI ²	Serve glucose size =100 grams	GL ³ per serve
BAKERY PRODUCTS			
Cakes			
1 Angel food cake (Loblaws, Toronto, Canada)	67	50	19
2 Banana cake, made with sugar	47±8	80	18
3 Banana cake, made without sugar	55±10	80	16

4	Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, MN, USA)	38±3	111	20
5	Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia)	73±12	38	19
6	Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17	50	25
7	Pound cake (Sara Lee Canada, Bramalea, Canada)	54	53	15
8	Sponge cake, plain	46±6	63	17
9	Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4	111	24
10	Croissant (Food City, Toronto, Canada)	67	57	17
11	Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69	50	13
12	Doughnut, cake type (Loblaw's, Canada)	76	47	17
13	Flan cake (Weston's Bakery, Toronto, Canada)	65	70	31
14	Muffins			
	Apple, made with sugar 4	44±6	60	13
	Apple, made without sugar 4	48±10	60	9
	Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia)	54±4	50	14
	Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia)	60±4	50	16
	Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia)	65±11	50	17
	Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60	57	15
	Blueberry (Culinar Inc., Canada)	59	57	17
	Carrot (Culinar Inc., Canada)	62	57	20
	Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia)	53±5	50	15
	Corn muffin, low-amylose 5	102	57	30
	Corn muffin, high-amylose 5	49		

	Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69	50	24
15	Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia)	67±5	80	39
16	Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Vic, Australia)	102±11	77	22
17	Pastry	59±6	57	15
18	Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia)	85±14	40	18
19	Scones, plain, made from packet mix (Defiance Milling Co., Australia)	92±8	25	8
20	Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	35	10

BEVERAGES

21	Coca Cola ®			
	Coca Cola ® , soft drink (Coca Cola Amatil, Sydney, NSW, Australia)	53±7	250	14
	Coca Cola ® , soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA)	63	250	16
	mean of two types	58±5		
22	Cordial, orange, reconstituted (Berri Ltd., Berri, SA, Australia)	66±8	250	13
23	Fanta ® , orange soft drink (Coca Cola Amatil, Australia)	68±6	250	23
24	Lucozade ® , original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	95±10	250	40
25	Smoothie, raspberry (Con Agra Inc., Omaha, NE, USA)	33±9	250	14
26	Smoothie drink, soy, banana (So Natural Foods, Tarren Point, NSW, Australia) 6	30±3	250	7
27	Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) 6	34±3	250	8
28	Solo TM, lemon squash, soft drink (Cadbury Schweppes, Sydney,	58±5	250	17

	NSW, Australia) 6			
29	Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) 6 (Sanitarium Health Foods, Berkeley Vale, NSW, Australia)	43±5	250	11
30	Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) 6 (Sanitarium Health Foods, Australia)	46±5	250	11
31	Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) 6 (So Natural Foods, Australia)	39±2	250	13
Juices				
32	Apple juice Apple juice, pure, unsweetened, reconstituted (Berri Ltd., Berri, SA, Australia)	39±5		
	Apple juice, unsweetened	40		
	Apple juice, unsweetened (Allens, Toronto, Canada)	41		
	mean of three studies	40±1	250	12
33	Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Vic, Australia)	44±2	250	13
34	Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia)	37±3	250	10
35	Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia)	43±3	250	14
36	Carrot juice, freshly made (Sydney, Australia) 6	43±3	250	10
37	Cranberry juice cocktail (Ocean Spray ® , Melbourne, Vic, Australia)	52±3	250	16
38	Cranberry juice cocktail (Ocean Spray ® Inc., Lakeville-Middleboro, MA, USA)	68±3	250	24
39	Cranberry juice drink, Ocean Spray ® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250	16
40	Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	11

41	Orange juice			
	Orange Juice (Canada)	46±6		
	Orange juice, unsweetened, reconstituted (Quelch ® , Berri Ltd., Carlton, Vic, Australia)	53±6		
	mean of two studies	50±4	250	13
42	Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250	16
43	Tomato juice, canned, no added sugar (Berri Ltd., Berri, SA, Australia) 6	38±4	250	4
44	Yakult ® , fermented milk drink with Lactobacillus casei (Yakult, Dandenong, Vic, Australia)	46±6	65	6
	Sports drinks			
45	Gatorade ® (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia)	78±13	250	12
46	Isostar ® (Novartis Consumer Health, Nyon, Switzerland)	70±15	250	13
47	Sports Plus ® (Berri Ltd., Berri, SA, Australia)	74±6	250	13
48	Sustagen Sport ® (Mead Johnson, Rydalmere, NSW, Australia)	43±9	250	21
	Drinks made from drinking mix powders			
49	Build-Up TM nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, NSW, Australia)	41±4	250	14
50	Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	250	11
51	Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, NSW, Australia) mixed in reduced-fat (1.5%) cow's milk	36±3	250	7
52	Malted milk powder in full-fat cow's milk (Nestlé, Australia)	45±3	250	12
53	Milo TM (chocolate nutrient-fortified drink powder)			
	Milo TM (Nestlé, Australia) dissolved in water	55±3	250	9
	Milo TM (Nestlé, Auckland, New Zealand) dissolved in water	52±5	250	9
	mean of two studies	54±2		

	Milo TM (Nestlé, Australia) dissolved in full-fat cow's milk	35±2	250	9
	Milo TM (Nestlé, New Zealand) dissolved in full-fat cow's milk	36±3	250	9
	mean of two studies	36±1		
54	Nutrimeal TM, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, UT, USA)	26±3	250	4
55	Quik TM (sweet drink powder)			
	Quik TM, chocolate (Nestlé, Sydney, NSW, Australia), dissolved in water	53±5	250	4
	Quik TM, chocolate (Nestlé, Australia), dissolved in 1.5% fat milk	41±4	250	5
	Quik TM, strawberry (Nestlé, Australia), dissolved in water	64±8	250	5
	Quik TM, strawberry (Nestlé, Australia), dissolved in 1.5% fat milk	35±3	250	4

BREADS

56	Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	70	25
57	Baguette, white, plain (France)	95±15	30	15
58	French baguette with chocolate spread (France)	72±8	70	27
59	French baguette with butter and strawberry jam (France)	62±7	70	26
60	Pain au lait (Pasquier, France)	63±10	60	20
61	Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	30	16

Barley Breads

62	Coarse barley kernel bread, 75-80% kernels			
	75% kernels	27	30	5
	80% scalded intact kernels (20% white wheat flour)	34	30	7
	80% intact kernels (20% white wheat flour)	40	30	8
	mean of three studies	34±4		
63	Barley kernel bread, 50% kernels			
	50% kernels (Canada)	43	30	9
	50% kibbled barley (Australia)	48	30	10
	mean of two studies	46±2	30	9
64	Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia)	57±6	30	6

65	Barley flour breads			
	100% barley flour (Canada); (rye bread composition)	67	30	9
	Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	30	13
	Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fibre barley flour) (Sweden)	50	30	7
	Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fibre barley flour) (Sweden)	43	30	5
66	Wholemeal barley flour (80%) and white wheat flour (20%) breads - fermented or with added organic acids or salts (Sweden)			
	Wholemeal barley flour bread (used as reference for the 5 breads below) 5	70	30	14
	Wholemeal barley flour bread with sourdough (lactic acid) 5	53	30	10
	Wholemeal barley flour bread with lactic acid 5	66	30	12
	Wholemeal barley flour bread with calcium lactate 5	59	30	12
	Wholemeal barley flour bread with sodium propionate 5	65	30	13
	Wholemeal barley flour bread with higher dose sodium propionate 5	57	30	11
	Buckwheat bread			
67	Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47	30	10
	Fruit Breads			
68	Bürgen TM Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia)	44±5	30	6
69	Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia)	54±6	30	8
70	Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6	30	7
71	Happiness TM (cinnamon, raisin, pecan bread) (Natural Ovens, Manitowoc, WI, USA)	63±5	30	9
72	Muesli bread, made from packet mix in bread making machine	54±6	30	7

	(Con Agra Inc., USA)			
73	Hamburger bun (Loblaw's, Toronto, Canada)	61	30	9
74	Kaiser rolls (Loblaw's, Canada)	73	30	12
75	Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	30	16
	Gluten-free bread			
76	Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia)	79±13	30	10
77	Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	30	11
	Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	30	12
	mean of two studies	76±5	30	11
78	Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	30	9
	Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	30	10
	mean of two studies	73±4	30	9
	Oat Bread			
79	Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	30	12
	Oat bran bread			
80	50% oat bran (Australia)	44	30	8
81	45% oat bran and 50% wheat flour (Sweden)	50	30	9
	mean of two studies	47±3	30	9
	Rice bread			
82	Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, NSW, Australia)	72±9	30	8
83	Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	30	7
	Rye Bread			
84	Rye kernel (pumpernickel) bread			
	Coarse rye kernel bread, 80% intact kernels and 20% white wheat	41	30	5

	flour (Sweden)			
	Rye kernel bread (Pumpernickel) (Canada)	41	30	5
	Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	30	5
	Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	30	7
	Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55	30	7
	Cocktail, sliced (Kasselar Food Products, Canada)	62	30	8
	mean of six studies	50±4	30	6
85	Wholemeal rye bread			
	Wholemeal rye bread (Canada)	41		
	Wholemeal rye bread (Canada)	62		
	Wholemeal rye bread (Canada)	63		
	Wholemeal rye bread (Canada)	66		
	mean of four studies	58±6	30	8
	Specialty rye breads			
86	Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	76±14	30	10
87	Bürgen TM Dark/Swiss rye (Tip Top Bakeries, Australia)	55±12		
	Bürgen TM Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6		
	mean of two studies	65±10	30	7
88	Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	30	9
89	Light rye (Silverstein's Bakery, Toronto, Canada)	68	30	10
90	Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	30	7
91	Roggenbrot, Vogel's (Stevens & Co, Sydney, NSW, Australia)	59±5	30	8
92	Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	86±15	30	12
93	Sourdough rye (Canada)	57		
	Sourdough rye (Australia)	48		
	mean of two studies	53±5	30	6
94	Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd.,	56	30	7

Canada)

Wheat Breads

95 Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden) 52 30 10

96 **Cracked wheat kernel (bulgur) bread**

50% cracked wheat kernel (Canada) 58 30 12

75% cracked wheat kernels (Canada) 48 30 10

mean of two studies 53±3 30 11

Spelt wheat breads

97 White spelt wheat bread 9 (Slovenia) 74 30 17

98 Wholemeal spelt wheat bread 9 (Slovenia) 63 30 12

99 Scalded spelt wheat kernel bread 9 (Slovenia) 67 30 15

100 Spelt multigrain bread ® (Pav's bakery, Australia) 54±10 30 7

101 **White wheat flour bread**

White flour (Canada) 69±5 30 10

White flour (USA) 70 30 10

White flour, Sunblest TM (Tip Top Bakeries, Australia) 70 30 10

White flour (Dempster's Corporate Foods Ltd., Canada) 71 30 10

White flour (South Africa) 71±7 30 9

White flour (Canada) 71 30 10

mean of six studies 70±0 30 10

102 White wheat flour bread, hard, toasted (Italian) 73 30 11

103 Wonder TM, enriched white bread (Interstate Brands Companies, Kansas City, MO, USA) 71±9

Wonder TM, enriched white bread (Interstate Brands Companies, USA) 72±4

Wonder TM, enriched white bread (Interstate Brands Companies, USA) 77±3

mean of three studies 73±2 30 10

104 White Turkish bread (Turkey) 87 30 15

White bread with enzyme inhibitors

105	White bread + acarbose (200mg) (Mexico)	18	30	3
	White bread + acarbose (200mg) (Mexico)	50	30	8
	mean in two groups of subjects	34±16	30	6
106	White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland) 5	48	30	6
107	White bread roll + 6 mg trestatin (Switzerland) 5	29	30	4
	White bread with soluble fiber			
108	White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	41	30	7
	White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	65	30	11
	mean in two groups of subjects	53±12	30	9
109	White bread eaten with vinegar as vinaigrette (Sweden)	45	30	7
110	White bread eaten with powdered dried seaweed (Nori alga) (Spain)	48	30	7
111	White bread containing Eurylon® high-amylose maize starch (France) 12	42	30	8
	White fiber-enriched bread			
112	White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	67		
113	White, high-fiber (Weston's Bakery, Toronto, Canada)	69		
	mean of two studies	68±1	30	9
	White resistant starch-enriched bread			
114	Fibre White™ (Nature's Fresh, Auckland, New Zealand)	77±10	30	11
115	Wonderwhite™ (Buttercup Bakeries, Australia)	80±8	30	11
116	Wholemeal (whole wheat) wheat flour bread			
	Wholemeal flour (Canada)	52	30	6
	Wholemeal flour (Canada)	64	30	8
	Wholemeal flour (Canada)	65	30	8
	Wholemeal flour (Canada)	67	30	8
	Wholemeal flour (Canada)	67	30	8
	Wholemeal flour (Canada)	69	30	8
	Wholemeal flour (Canada)	71	30	8
	Wholemeal flour (Canada)	72±6	30	8

	Wholemeal flour (USA) 5	73	30	10
	Wholemeal flour (South Africa)	75±9	30	9
	Wholemeal flour (Tip Top Bakeries, Australia)	77±9	30	9
	Wholemeal flour (Tip Top Bakeries, Australia)	78±16	30	9
	Wholemeal flour (Kenya)	87	30	11
	mean of thirteen studies	71±2	30	9
117	Wholemeal Turkish bread	49	30	8
	Specialty wheat breads			
118	Bürgen® Mixed Grain bread (Australia)			
	Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	34±4		
	Bürgen® Mixed Grain	45±12		
	Bürgen® Mixed Grain	69±6		
	mean of three studies	49±10	30	6
119	Bürgen® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia)	31±3	30	3
120	Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)	36±4	30	3
121	English Muffin™ bread (Natural Ovens, USA)	77±7	30	11
122	Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6	30	8
123	Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	30	9
124	Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia)	68±9	30	9
125	Helga's™ traditional wholemeal bread (Quality Bakers, Australia)	70±14	30	9
126	Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8	30	7
127	Molenberg™ (Goodman Fielder, Auckland, New Zealand)	75±10		
	Molenberg™ (Goodman Fielder, New Zealand)	84±8		
	mean of two studies	80±5	30	11
128	9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	30	6
129	Multigrain Loaf, spelt wheat flour (Australia)	54±10	30	8

130	Multigrain (50% kibbled wheat grain) (Australia)	43	30	6
131	Nutty Natural TM, whole grain bread (Natural Ovens, USA)	59±7	30	7
132	Performax TM (Country Life Bakeries, Dandenong, Vic, Australia)	38±3	30	5
133	Ploughman's TM Wholegrain, original recipe (Quality Bakers, Australia)	47	30	7
134	Ploughman's TM Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	30	9
135	Semolina Bread (Kenya)	64		
136	Sourdough wheat (Australia)	54	30	8
137	Soy & Linseed bread (made from packet mix in bread maker) (Con Agra Inc., USA)	50±6	30	5
138	Stay Trim TM, whole grain bread (Natural Ovens, USA)	70±10	30	10
139	Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia)	57±6	30	7
140	Vogel's Honey & Oats (Stevns & Co., Sydney, NSW, Australia)	55±5	30	7
141	Vogel's Roggenbrot (Stevns & Co., Australia)	59±5	30	8
142	Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	30	16
143	100% Whole Grain TM bread (Natural Ovens, USA)	51±11	30	7
144	White wheat flour flatbread (Sweden)	79	30	13

Unleavened Breads

145	Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia)	75±9	30	12
146	Middle Eastern flatbread	97±29	30	15
147	Pita bread, white (Canada)	57	30	10
148	Wheat flour flatbread (India)	66±9	30	10
149	Amaranth : wheat (25:75) composite flour flatbread (India)	66±10	30	10
150	Amaranth : wheat (50:50) composite flour flatbread (India)	76±20	30	11

BREAKFAST CEREALS AND RELATED PRODUCTS

151 All-Bran TM (high-fiber, extruded wheat bran cereal)

	All-Bran TM (Kellogg's, Pagewood, NSW, Australia) 13	30	30	4
	All-Bran TM (Kellogg's, Battle Creek, MI, USA)	38	30	9

All-Bran TM (Kellogg's Inc., Etobicoke, Canada)	50	30	9
All-Bran TM (Kellogg's Inc., Canada)	51±5	30	9
mean of four studies	42±5		
152All-Bran Fruit 'n Oats TM (Kellogg's, Australia)	39	30	7
153All-Bran Soy 'n Fibre TM (Kellogg's, Australia)	33±3	30	4
154Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19	30	18
Barley porridge			
155Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min (Sweden)	68	50 (dry)	23
156Wholemeal high-fibre barley flour porridge (50% regular barley flour: 50% high-fibre barley flour) (Sweden)	55	50 (dry)	8
157Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62	50 (dry)	17
158Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65	50 (dry)	18
159Bran Buds TM (Kellogg's Inc., Canada) 15	58	30	7
160Bran Buds with psyllium (Kellogg's Inc., Canada) 15	47	30	6
161Bran Chex TM (Nabisco Brands Ltd., Toronto, Canada) 15	58	30	11
162Bran Flakes TM (Kellogg's, Australia)	74	30	13
163Cheerios TM (General Mills Inc., Etobicoke, Canada) 15	74	30	15
164Chocapic TM (Nestlé, France)	84±9	30	21
165Coco Pops TM (cocoa flavoured puffed rice)			
Coco Pops TM (Kellogg's, Australia)	77±8		
Coco Pops TM (Kellogg's, Australia)	77±3		
mean of two studies	77	30	20
166Corn Bran TM (Quaker Oats Co. of Canada, Peterborough, Canada) 15	75	30	15
167Corn Chex TM (Nabisco Brands Ltd., Canada) 15	83	30	21
168Cornflakes TM			
Cornflakes TM (Kellogg's, Auckland, New Zealand)	72±16	30	18

	Cornflakes TM (Kellogg's, Australia)	77	30	20
	Cornflakes TM (Kellogg's Inc., Canada)	80±6	30	21
	Cornflakes TM (Kellogg's Inc., Canada)	86	30	22
	Cornflakes TM (Kellogg's, USA) 5	92	30	24
	mean of five studies	81±3	30	21
169	Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada) 15	74	30	17
170	Cornflakes, Crunchy Nut TM (Kellogg's, Australia)	72±4	30	17
171	Corn Pops TM (Kellogg's, Australia)	80±4	30	21
172	Cream of Wheat TM (Nabisco Brands Ltd., Canada) 15	66	250	17
173	Cream of Wheat TM, Instant (Nabisco Brands Ltd., Canada) 15	74	250	22
174	Crispix TM (Kellogg's Inc., Canada) 15	87	30	22
175	Energy Mix TM (Quaker, France)	80±7	30	19
176	Froot Loops TM (Kellogg's, Australia)	69±9	30	18
177	Frosties TM, sugar-coated cornflakes (Kellogg's, Australia)	55	30	15
178	Fruitful Lite TM (Hubbards, Auckland, New Zealand)	61±20	30	12
179	Fruity-Bix TM, berry (Sanitarium, Auckland, New Zealand)	113±10	30	25
180	Golden Grahams TM (General Mills Inc., Canada) 15	71	30	18
181	Golden Wheats TM (Kellogg's, Australia)	71±8	30	16
182	Grapenuts TM			
	Grapenuts TM (Post, Kraft General Foods Inc., Toronto, Canada) 15	67	30	13
	Grapenuts TM (Kraft Foods Inc., Port Chester, NY, USA)	75±6	30	16
	mean of two studies	71±4	30	15
183	Grapenuts TM Flakes (Post, Kraft General Foods Inc., Canada) 15	80	30	17
184	Guardian TM (Kellogg's, Australia)	37±9	30	5
185	Healthwise TM for bowel health (Uncle Toby's, Wahgunyah, Vic, Australia)	66±9	30	12
186	Healthwise TM for heart health (Uncle Toby's, Australia)	48±5	30	9
187	Honey Rice Bubbles TM (Kellogg's, Australia)	77±4	30	20
188	Honey Smacks TM (Kellogg's, Australia)	71±10	30	16
189	Hot cereal, apple & cinnamon (Con Agra Inc., USA)	37±6	30	8

190	Hot cereal, unflavoured (Con Agra Inc., USA)	25±5	30	5
191	Just Right TM (Kellogg's, Australia)	60±15	30	13
192	Just Right Just Grains TM (Kellogg's, Australia)	62±11	30	14
193	Komplete TM (Kellogg's, Australia)	48±5	30	10
194	Life TM (Quaker Oats Co., Canada) 15	66	30	16
195	Mini Wheats TM, whole wheat (Kellogg's, Australia)	58±8	30	12
196	Mini Wheats TM, blackcurrant (Kellogg's, Australia)	72±10	30	15
Muesli				
197	Muesli, NS (Canada)	66±9	30	16
198	Alpen Muesli (Wheetabix, France)	55±10	30	10
199	Muesli, gluten-free (Freedom Foods, Cheltenham, Vic, Australia) with 1.5% fat milk	39±6	30	7
200	Muesli, Lite (Sanitarium, New Zealand)	54±12	30	10
201	Muesli, Natural (Sanitarium, New Zealand)	57±9	30	11
202	Muesli, Natural (Sanitarium, Australia) mean of two studies	40±6	30	8
		49±9	30	10
203	Muesli, No Name (Sunfresh Ltd., Toronto, Canada) 15	60	30	11
204	Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8	30	9
205	Muesli, toasted (Purina, Sydney, NSW, Australia)	43±4	30	7
206	Nutrigrain TM (Kellogg's, Australia)	66±12	30	10
207	Oat 'n Honey Bake TM (Kellogg's, Australia)	77±11	30	13
208 Oat bran				
	Oat bran, raw (Quaker Oats Co., Canada) 15	50	10	2
	Oat bran, raw	59	10	3
	mean of two studies	55±5	10	3
209 Porridge made from rolled oats				
	Porridge (Uncle Toby's, Australia) 13	42	250	9
	Porridge (Canada) 16	49±8	250	11
	Traditional porridge oats (Lowan Whole Foods, Box Hill, Vic, Australia)	51±8	250	11
	Porridge (Hubbards, New Zealand)	58±9	250	12

	Porridge (Australia)	58±4	250	12
	Porridge (Canada)	62	250	14
	Porridge (Canada)	69	250	16
	Porridge (USA) 6	75	250	17
	mean of eight studies	58±4	250	13
210	Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74	50 (dry)	24
211	Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55	250	15
212	Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69	250	19
213	Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50	250	14
214	Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80	250	22
215	Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53	250	14
216	Instant Porridge			
	Quick Oats (Quaker Oats Co., Canada)	65		
	One Minute Oats (Quaker Oats Co., Canada) 15	66		
	mean of two studies	66±1	250	17
217	Pop Tarts™, Double Chocolate (Kellogg's, Australia)	70±2	50	25
218	Pro Stars™ (General Mills Inc., Canada) 15	71	30	17
219	Puffed Wheat			
	Puffed Wheat (Quaker Oats Co., Canada) 15	67	30	13
	Puffed Wheat (Sanitarium, Australia)	80±11	30	17
	mean of two studies	74±7	30	16
220	Raisin Bran™ (Kellogg's, USA)	61±5	30	12
221	Red River Cereal (Maple Leaf Mills, Toronto, Canada)	49	30	11
222	Rice Bran, extruded (Rice Growers Co-Operative Ltd., Leeton, NSW, Australia)	19±3	30	2

223Rice Bubbles TM (puffed rice)			
Rice Bubbles TM (Kellogg's, Australia) 13	81		
Rice Bubbles TM (Kellogg's, Australia)	85±3		
Rice Bubbles TM (Kellogg's, Australia)	95		
mean of three studies	87±4	30	22
224Rice Chex TM (Nabisco Brands Ltd., Canada) 15	89	30	23
225Rice Krispies TM (Kellogg's Inc., Canada) 15	82	30	21
226 Shredded Wheat		30	22
Shredded Wheat (Canada)	67±10	30	13
Shredded Wheat TM (Nabisco Brands Ltd., Canada) 15	83	30	17
mean of two studies	75±8	30	15
Special K TM - formulation of this cereal varies in different countries			
227Special K TM (Kellogg's, Australia)	54±4	30	11
228Special K TM (Kellogg's, USA)	69±5	30	14
229Special K TM (Kellogg's, France)	84±12	30	20
230Soy Tasty TM (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5	30	12
231Soytana TM, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt Kuring-gai, NSW, Australia)	49±3	45	12
232Sultana Bran TM (Kellogg's, Australia)	73±13	30	14
233Sustain TM (Kellogg's, Australia) 13	68	30	15
234Team TM (Nabisco Brands Ltd., Canada) 15	82	30	17
235Thank Goodness TM (Hubbards, New Zealand)	65±18	30	15
236Total TM (General Mills Inc., Canada) 15	76	30	17
237Ultra-bran TM, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cereals, Australia)	41±4	30	5
238Wheat-bites TM (Uncle Toby's, Australia)	72±11	30	18
239Wheat biscuits (plain flaked wheat)			

Vita-Brits TM (Uncle Toby's, Australia) 13	61	30	12
Vita-Brits TM (Uncle Toby's, Australia)	68±6	30	13
Weet-Bix TM (Sanitarium, Australia)	69	30	12
Weet-Bix TM (Sanitarium, Australia)	69±4	30	12
Weetabix TM (Weetabix of Canada Ltd., Thornhill, Canada) 15	74	30	16
Weetabix TM (Weetabix of Canada Ltd.)	75±10	30	16
Whole wheat Goldies TM (Kellogg's, Australia)	70±4	30	14
mean of seven studies	70±2	30	13
Wheat biscuits (flaked wheat) with additional ingredients			
240 Good Start TM, muesli wheat biscuits (Sanitarium, Australia)	68±4	30	14
241 Hi-Bran Weet-Bix TM, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	30	10
242 Hi-Bran Weet-Bix TM with soy and linseed (Sanitarium, Australia)	57±3	30	9
243 Honey Goldies TM (Kellogg's Australia)	72±3	30	15
244 Lite-Bix TM, plain, no added sugar (Sanitarium, Australia)	70±3	30	14
245 Oat bran Weet-Bix TM (Sanitarium, Australia)	57±4	30	11
246 Sultana Goldies TM (Kellogg's Australia)	65±6	30	13
BREAKFAST CEREAL BARS			
247 Crunchy Nut Cornflakes TM bar (Kellogg's, Australia)	72±6	30	19
248 Fibre Plus TM bar (Uncle Toby's, Australia)	78±9	30	18
249 Fruity-Bix TM bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia)	56±4	30	10
250 Fruity-Bix TM bar, wild berry, wheat biscuit cereal with fruit and covered with yoghurt coating (Sanitarium, Australia)	51±4	30	9
251 K-Time Just Right TM bar (Kellogg's, Australia)	72±4	30	17
252 K-Time Strawberry Crunch TM bar (Kellogg's, Australia)	77±5	30	19
253 Rice Bubble Treat TM bar (Kellogg's, Australia)	63±11	30	15
254 Sustain TM bar (Kellogg's, Australia)	57±10	30	14

CEREAL GRAINS

Amaranth

255 Amaranth (*Amaranthus esculentum*) popped, 97±19 30 21
eaten with milk and non-nutritive sweetener (India)

Barley

256 Pearl Barley

Barley, pearled (Canada) 22

Barley (Canada) 22

Barley, pot, boiled in salted water 20 min (Gouda's foods, Concord, 25±2
Canada)

Barley (Canada) 27

Barley, pearled (Canada) 29

mean of five studies 25±1 150 11

257 Barley (*Hordeum vulgare*) (India) 37

Barley (*Hordeum vulgare*) (India) 48

mean of two groups of subjects 43±6 150 26

258 Barley, cracked (Malthouth, Tunisia) 50 150 21

259 Barley, rolled (Australia) 66±5 50 (dry) 25

260 Buckwheat

Buckwheat (Canada) 49

Buckwheat (Canada) 51±10

Buckwheat (Canada) 63

mean of three studies 54±4 150 16

261 Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min
(Sweden) 45 150 13

Corn/Maize

262 Maize (*Zea Mays*), flour made into chapatti (India) 59

263 Maize meal porridge/gruel (Kenya) 109

264 Cornmeal

Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., 68 150 9

Toronto, Canada)				
	Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69	150	9
	mean of two studies	69±1	150	9
265 Sweet corn				
	Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	150	11
	Sweet corn, on the cob, boiled 20 min (Australia)	48	150	14
	Sweet corn (Canada)	59±11	150	20
	Sweet corn (USA)	60	150	20
	Sweet corn (USA)	60	150	20
	Sweet corn (South Africa)	62±5	150	20
	mean of six studies	53±4	150	17
266	Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA)	46	150	13
267	Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	47	150	16
268	Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68	20	8
Couscous				
269	Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	61		
	Couscous, boiled 5 min (Tunisia)	69		
	mean of two studies	65±4	150	23
Millet				
270	Millet, boiled (Canada)	71±10	150	25
271	Millet flour porridge (Kenya)	107		
Rice, white				
272	Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co- Op., Australia)	69±7	150	36
273	White (<i>Oryza sativa</i>), boiled (India)	69±15	150	30
274 Rice, boiled white, type NS				
	Type NS, eaten alone (France)	45	150	14

Type NS (India)	48	150	18
Type NS (Canada)	51	150	21
Type NS (France)	52	150	19
Type NS (Canada)	56	150	23
Type NS (Pakistan)	69	150	26
Type NS (Canada)	72±9	150	30
Type NS, boiled in salted water (India)	72	150	27
Type NS, boiled 13 min (Italy)	102	150	31
Type NS (Kenya)	112	150	47
Type NS, boiled (France)	43	150	13
Type NS, boiled (France)	47	150	14
mean of 12 studies	64±7	150	23
275 Type NS, boiled in salted water, refrigerated 16-20h, reheated (India)	53	150	20
276 Type NS, boiled 13 min, then baked 10 min (Italy)	104	150	31
277 Long grain, boiled			
Long grain, boiled 5 min (Canada)	41	150	16
Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, NSW, Australia)	50	150	21
Gem long grain (Dainty Food Inc., Toronto, Canada)	55	150	22
Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7	150	24
Long grain, boiled 25 min (Surinam)	56±2	150	24
Gem long grain (Dainty Food Inc., Canada)	57	150	23
Long grain, boiled 15 min	58	150	23
Gem long grain (Dainty Food Inc., Canada)	60	150	24
Gem long grain (Dainty Food Inc., Canada)	60	150	24
Long grain, white, boiled 7 min (Star brand, Gouda foods, Concord, Canada)	64±3	150	26
mean of 10 studies	56±2	150	23

Rice, long grain, quick-cooking varieties

278	Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	150	25
279	Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	150	28
280	Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods King's Lynn, Norfolk, UK)	52±5	150	19
Rice, specialty rices				
281	Cajun Style, Uncle Ben's ® (Effem Foods Ltd., Bolton, Canada)	51	150	19
282	Garden Style, Uncle Ben's ® (Effem Foods Ltd., Canada)	55	150	21
283	Long Grain and Wild, Uncle Ben's ® (Effem Foods Ltd., Canada)	54	150	20
284	Mexican Fast and Fancy, Uncle Ben's ® (Effem Foods Ltd., Canada)	58	150	22
285	Saskatchewan wild rice (Canada)	57	150	18
286	Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10	150	37
287	Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7	150	31
288	Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46
Rice, white low-amylose				
289	Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13	150	36
290	Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7	150	37
291	Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11	150	38
292	Pelde, white (Rice Growers Co-op., Australia)	93±11	150	40
293	White, low-amylose, boiled (Turkey)	139	150	60
Rice, white high-amylose				
294	Bangladeshi rice variety BR16 (28% amylose)	37	150	14
	Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39	150	15

	mean of two studies	38	150	15
295	Doongara, white (Rice Growers Co-op., Australia)	50±6		
	Doongara, white (Rice Growers Co-op., Australia)	64±9		
	Doongara, white (Rice Growers Co-op., Australia)	54±7		
	mean of three studies	56±4	150	22
296	Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan)	48±8	150	18
297	Basmati			
	Basmati, white, boiled (Mahatma brand, Sydney, NSW, Australia)	58±8	150	22
	Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express ® (Masterfoods. Kings Lynn, Norfolk, UK)	57±4	150	24
	Quick cooking white basmati, cooked 10 min, Uncle Ben's Superior (Masterfoods Olen, Belgium)	60±5	150	23
298	Rice, brown			
	Brown (Canada)	66±5	150	21
	Brown, steamed (USA) 5	50	150	16
	Brown (Oriza Sativa), boiled (South India) 5	50±19	150	16
	mean of three studies	55±5	150	18
	Calrose brown (Rice Growers Co-op., Australia)	87±8	150	33
	Doongara brown, high amylose (Rice Growers Co-op., Australia)	66±7	150	24
	Pelde brown (Rice Growers Co-op., Australia)	76±6	150	29
	Parboiled, cooked 20 min, Uncle Ben's Natur-reis ® (Masterfoods Olen, Belgium)	64±7	150	23
	Sunbrown Quick TM (Rice Growers Co-op., Australia)	80±7	150	31
299	Instant/puffed rice			
	Instant rice, white, boiled 1 min (Canada)	46	150	19
	Instant rice, white, cooked 6 min (Trice brand, Australia)	87	150	36
	Puffed, white, cooked 5 min, Uncle Ben's Snabbris ® (Masterfoods Olen, Belgium)	74±5	150	31
	mean of three studies	69±12	150	29

Instant doongara, white, cooked 5 min (Rice Growers Co-op., Australia)	94±7	150	35
300 Parboiled rice			
Parboiled rice (Canada)	48	150	18
Parboiled rice (USA)	72	150	26
Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada)	45	150	16
Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods USA, Vernon, CA)	38	150	14
Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	50	150	18
Boiled, 12 min (Denmark) 6	39	150	14
Boiled, 12 min (Denmark)	42	150	15
Boiled, 12 min (Denmark)	43	150	16
Boiled, 12 min (Denmark)	46	150	17
Long grain, boiled 5 min (Canada)	38	150	14
Long grain, boiled, 10 min (USA) 5	61	150	22
Long grain, boiled 15 min (Canada)	47	150	17
Long grain, boiled 25 min (Canada)	46	150	17
mean of thirteen studies	47±3	150	17
301 Parboiled rice, eaten as part of a traditional Indian meal (India) 5	99		
302 Parboiled, low-amylose			
Bangladeshi rice variety BR2, parboiled (12% amylose)	51	150	19
Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op., Australia)	87±7	150	34
303 Parboiled, high-amylose			
Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op., Australia)	50±6	150	19
Bangladeshi rice variety BR16, parboiled (28% amylose)	35	150	13
Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32	150	12
Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27	150	11

Bangladeshi rice variety BR4, parboiled (27% amylose)	33	150	13
Mean of 5 studies	35±4	150	14
304 Rye, whole kernels			
Rye, whole kernels (Canada)	29	50 (dry)	11
Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34	50 (dry)	13
Rye, whole kernels (Canada)	39	50 (dry)	15
mean of three studies	34±3	50 (dry)	13
Wheat			
305 Wheat, whole kernels			
Wheat, whole kernels (Triticum aestivum) (India) 11	30±9	50 (dry)	11
Wheat, whole kernels (Canada)	42	50 (dry)	14
Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44	50 (dry)	14
Wheat, whole kernels (Canada)	48	50 (dry)	16
mean of four studies	41±3	50 (dry)	14
306 Wheat, type NS(India)	90	50 (dry)	34
307 Wheat, precooked kernels			
Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	50 (dry)	19
Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	50 (dry)	17
Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5	125	16
Quick cooking (White Wings, Sydney, NSW, Australia)	54±11	150	25
308 Semolina			
Semolina, roasted at 105 °C then gelatinised with water (India)	55±9		
Semolina, steamed and gelatinised (India)	54±13		
mean of two studies	55±1	150	6
309 Cracked wheat (bulgur/bourghul)			
Bulgur, boiled (Canada)	46		
Bulgur, boiled in 800 mL water 20 min (Canada)	46		

Bulgur, boiled 20 min (Canada)	46		
Bulgur, boiled 20 min (Canada)	53		
mean of four studies	48±2	150	12

COOKIES

Arrowroot

310Arrowroot (McCormicks's, Interbare Foods, Toronto, Canada)	63	25	13
311Arrowroot plus (McCormicks's, Canada)	62	25	11
312Milk Arrowroot TM (Arnotts, Sydney, NSW, Australia)	69±7	25	12
mean of three studies	65±2	25	12
313Barquette Abricot (LU, Ris, Orangis, France)	71±6	40	23
314Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9	50	19
315 Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	50	17
316Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	25	14
317 Digestives			
Digestives (Canada)	55		
Digestives (Canada)	59±7		
Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62		
mean of three studies	59±2	25	10
318 Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58	25	10
319Evergreen met Krenten (LU, Netherlands)	66±12	38	14
320Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25	25	13
321Graham Wafers (Christie Brown & Co., Toronto, Canada)	74	25	14
322Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5	30	6
323Grany en-cas Abricot (LU, France)	55±6	30	9
324Grany en-cas Fruits des bois (LU, France)	50±5	30	7
325Grany Rush Apricot (LU, Netherlands)	62±3	30	12
326Highland Oatmeal TM (Westons biscuits, Sydney, NSW, Australia)	55±8	25	10
327Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey,	57	25	8

Scotland)			
328LU P'tit Déjeuner Chocolat (LU, France)	42±5	50	14
329LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	45±5	50	16
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	52±3	50	18
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	49±8	50	18
mean of three studies	49±2	50	17
330Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10	25	9
331Morning Coffee TM (Arnotts, Australia)	79±6	25	15
332Nutrigrain Fruits des bois (Kellogg's, France)	57±4	35	13
333Oatmeal (Canada)	54±4	25	9
334Oro (Saiwa, Italy)	61±9	40	20
Oro (Saiwa, Italy)	67±17	40	21
mean of two studies	64±3	40	20
335Petit LU Normand (LU, France)	51±3	25	10
336Petit LU Roussillon (LU, France)	48±4	25	9
337Prince Energie+ (LU, France)	73±5	25	13
338Prince fourré chocolat (LU, France)	53±5		
Prince fourré chocolat (LU, France)	50±5		
mean of two studies	52±2	45	16
339Prince Meganana Chocolate (LU, Spain)	49±12	50	18
340Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	50	16
341Rich Tea (Canada)	55±4	25	10
342Sablé des Flandres (LU, France)	57±10	20	8
343Shortbread (Arnotts, Australia)	64±8	25	10
344Shredded Wheatmeal TM (Arnotts, Australia)	62±4	25	11
345Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia)	45±3	25	9
346Thé (LU, France)	41±7	20	6
347Vanilla Wafers (Christie Brown & Co., Canada)	77	25	14
348Véritable Petit Beurre (LU, France)	51±8	25	9

CRACKERS

349	Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67	25	10
350	Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, NSW, Australia)	87±10	25	18
351	Cream Cracker (LU Triumfo, Brazil)	65±11	25	11
352	High-calcium cracker (Danone, Malaysia)	52±8	25	9
353	Jatz TM, plain salted craker biscuits (Arnotts, Australia)	55±5	25	10
354	Puffed Crispbread (Westons, Australia)	81±9	25	15
355	Puffed rice cakes			
	Puffed rice cakes, white (Rice Growers Co-op., Leeton, NSW, Australia)	82±11	25	17
	Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op., Australia)	91±7	25	19
	Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op., Australia)	61±5	25	13
	mean of three studies	78±9	25	17
356	Rye crispbread			
	Rye crispbread (Canada)	63	25	10
	Ryvita TM (Canada)	69±10	25	11
	High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59	25	9
	Rye crispbread (Ryvita Company Ltd., UK)	63	25	11
	mean of four studies	64±2	25	11
357	Kavli TM Norwegian Crispbread (Players Biscuits, Sydney, NSW, Australia)	71±7	25	12
358	Sao TM, plain square crackers (Arnotts, Australia)	70±9	25	12
359	Stoned Wheat Thins (Christie Brown & Co., Canada)	67	25	12
360	Water cracker			
	Water cracker (Canada)	63±9	25	11
	Water cracker (Arnotts, Australia)	78±11	25	14
	mean of two studies	71±8	25	13
361	Premium Soda Crackers (Christie Brown & Co., Canada)	74	25	12

362 Vita-wheat TM, original, crispbread (Arnott's, Australia)	55±4	25	10
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DAIRY PRODUCTS AND ALTERNATIVES

Custard

363 No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Sydney, NSW, Australia)	35±2	100	6
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364 Custard, home made from milk, wheat starch, and sugar (Australia)	43±10	100	7
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365 TRIM TM, reduced-fat custard (Pauls Ltd., South Brisbane, Qld, Australia)	37±4	100	6
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mean of three studies	38±2	100	6
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366 Ice cream, Regular/NS

Ice cream, NS (Canada)	36±8		
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Ice cream (half vanilla, half chocolate) (Italy)	57		
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Ice cream, NS(USA)	62		
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Ice cream, chocolate flavored (USA)	68±15		
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Ice cream (half vanilla, half chocolate) (Italy)	80		
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mean of five studies	61±7	50	8
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367 Ice cream, Reduced- or Low-fat

Ice cream, low-fat, vanilla, 'Light' (Peter's, Sydney, NSW, Australia)	50±8	50	3
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Ice-cream, low-fat (1.2 % fat), Prestige Light rich vanilla (Norco, Lismore, NSW, Australia) 6	47±5	50	5
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Ice-cream, low-fat (1.4% fat), Prestige Light traditional toffee (Norco, Australia) 6	37±4	50	5
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Ice-cream, reduced-fat (7.1 % fat), Prestige golden macadamia (Norco, Australia) 6	39±3	50	5
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368 Ice cream, Premium (high-fat)

Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3	50	4
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Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3	50	3
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369 Milk, full-fat

	Full-fat (Italy)	11		
	Full-fat (3% fat, Skånemejerier, Malmö, Sweden) 6	21		
	Full-fat (Italy)	24		
	Full-fat cow's milk, fresh (Dairy Farmers, Sydney, NSW, Australia)	31±2		
	Full-fat (Canada)	34±6		
	Full-fat (USA)	40		
	mean of five studies	27±4	250	3
370	Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden) 6	11		
371	Fermented cow's milk (filmjök, 3% fat) (Skånemejerier, Malmö, Sweden) 6	11		
	mean of two foods	11		
372	Milk, full-fat, plus bran			
	Full-fat + 20g wheat bran (Italy)	25		
	Full-fat + 20g wheat bran (Italy)	28		
	mean of two studies	27±2	250	3
373	Milk, skim (Canada)	32±5	250	4
374	Milk, condensed, sweetened (Nestlé, Sydney, NSW, Australia)	61±6	50	17
375	Milk, low-fat, chocolate, with aspartame, Lite White TM (Dairy Farmers, Australia)	24±6	250	3
376	Milk, low-fat, chocolate, with sugar, Lite White TM (Dairy Farmers, Australia)	34±4	250	9
377	Mousse, reduced-fat, prepared from commercial mousse mix with water			
	Butterscotch, 1.9% fat (Nestlé, Australia)	36±4	50	4
	Chocolate, 2% fat (Nestlé, Australia)	31±4	50	3
	Hazelnut, 2.4% fat (Nestlé, Australia)	36±4	50	4
	Mango, 1.8% fat (Nestlé, Australia)	33±5	50	4
	Mixed berry, 2.2% fat (Nestlé, Australia)	36±5	50	4
	Strawberry, 2.3% fat (Nestlé, Australia)	32±3	50	3
	mean of six foods	34±1	50	4

378 Pudding

instant, chocolate, made from powder and whole milk (White Wings, Sydney, NSW, Australia)	47±4	100	7
instant, vanilla, made from powder and whole milk (White Wings, Australia)	40±4	100	6
mean of two foods	44±4	100	7

379 Yoghurt

Yoghurt, type NS (Canada)	36±4	200	3
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380 Low-fat yoghurt

Low-fat, fruit, aspartame, Ski TM (Dairy Farmers, Australia)	14±4	200	2
Low-fat, fruit, sugar, Ski TM (Dairy Farmers, Australia)	33±7	200	10
Low-fat (0.9%), fruit, wild strawberry (Ski d'lite TM, Dairy Farmers, Australia)	31±14	200	9

381 Non-fat yoghurt, sweetened with acesulfame K and Splenda

Diet Vaalia TM, exotic fruits (Pauls Ltd., Australia) 6	23±2	200	4
Diet Vaalia TM, mango (Pauls Ltd., Australia) 6	23±2	200	3
Diet Vaalia TM, mixed berry (Pauls Ltd., Australia) 6	25±3	200	3
Diet Vaalia TM, strawberry (Pauls Ltd., Australia) 6	23±2	200	3
Diet Vaalia TM, vanilla (Pauls Ltd, Australia) 6	23±2	200	3
mean of five foods	24±1	200	3

382 Reduced-fat yoghurt

Reduced-fat, Vaalia TM, apricot & mango (Pauls Ltd., Australia) 6	26±4	200	8
Reduced-fat, Vaalia TM, french vanilla (Pauls Ltd., Australia) 6	26±4	200	3
Reduced-fat, Extra-Lite TM, strawberry (Pauls Ltd., Australia) 6	28±4	200	9
mean of three foods	27±1	200	7

383 Yoghurt drink, reduced-fat, Vaalia TM, tropical passionfruit (Pauls Ltd., Australia) 6	38±4	200	11
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Soy-based dairy product alternatives**384 Soy milks (containing maltodextrin)**

Soy milk, full-fat (3%), 0 mg calcium, Original (So Natural Foods, Taren Point, NSW, Australia) 6	44±5	250	8
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	Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia) 6	36±4	250	6
	Soy milk, reduced-fat (1.5%), 120 mg calcium, Light (So Natural Foods, Australia) 6	44±3	250	8
385	Soy milk drinks			
	Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia) 6	30±3	250	7
	Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia) 6	34±3	250	8
	mean of two drinks	32±2	250	7
	Up & Go™, cocoa malt flavor (soy milk, rice cereal liquid breakfast) 6 (Sanitarium, Berkeley Vale, NSW, Australia)	43±5	250	11
	Up & Go™, original malt flavor (soy milk, rice cereal liquid breakfast) 6 (Sanitarium, Australia)	46±5	250	11
	mean of two drinks	45±2	250	11
	Xpress™, chocolate (soy bean, cereal and legume extract drink with fructose) 6 (So Natural Foods, Australia)	39±2	250	13
386	Soy yoghurt			
	Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) 6	50±3	200	13
387	Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14	50	10

FRUIT AND FRUIT PRODUCTS

388 Apples, raw

	Apple, NS (Denmark)	28	120	4
	Apple, Braeburn (New Zealand) 6	32±4	120	4
	Apple, NS (Canada)	34	120	5
	Apple, Golden Delicious (Canada)	39±3	120	6

Apple, NS(USA)	40	120	6
Apple, NS (Italy)	44	120	6
mean of six studies	38±2	120	6
389 Apple juice			
Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, SA, Australia)	39±5	250	10
Apple juice, unsweetened (USA)	40	250	12
Apple juice, unsweetened (Allens, Toronto, Canada)	41	250	12
mean of three studies	40±1	250	11
390 Apple, dried (Australia)	29±5	60	10
Apricots			
391 Apricots, raw, NS (Italy)	57	120	5
392 Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64	120	12
393 Apricots, dried (Australia)	30±7	60	8
Apricots, dried (Wasco foods, Montreal, Canada)	32	60	10
mean of two studies	31±1	60	9
394 Apricot fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, Auckland, New Zealand)	50±8	50	17
395 Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, SA, Australia)	55±7	30	7
396 Apricot Fruity Bitz TM, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	15	5
397 Banana, raw			
Banana (Canada)	46	120	12
Banana (Italy)	58	120	13
Banana (Canada)	58	120	15
Banana (Canada)	62±9	120	16
Banana (South Africa)	70±5	120	16
Banana, ripe (all yellow) (USA)	51	120	13

	Banana, under-ripe (Denmark)	30	120	6
	Banana, slightly under-ripe (yellow with green sections) (USA)	42	120	11
	Banana, over-ripe (yellow flecked with brown) (USA)	48	120	12
	Banana, over-ripe (Denmark)	52	120	11
	mean of 10 studies	52±4	120	12
398	Banana, processed fruit fingers, Heinz Kidz TM (H J Heinz, Malvern, Vic, Australia)	61±11	30	12
399	Breadfruit (<i>Artocarpus altilis</i>), raw (Australia) 6	68	120	18
400	Cherries, raw, NS(Canada)	22	120	3
401	Chico (<i>Zapota zapotilla coville</i>), raw (Philippines) 6	40	120	12
402	Cranberry juice			
	Cranberry juice cocktail (Ocean Spray, Melbourne, Vic, Australia)	52±3	250	16
	Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3	250	24
	Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250	16
403	Custard apple, raw, flesh only (Australia)	54±2	120	10
404	Dates, dried (Australia)	103±21	160	42
405	Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, NSW, Australia)	61±6	60	16
406	Fruit Cocktail, canned (Delmonte Canadian Cannery Ltd., Hamilton, Canada)	55	120	9
407	Grapefruit, raw (Canada)	25	120	3
408	Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	9
409	Grapes, raw			
	Grapes, NS(Canada)	43	120	7
	Grapes, NS (Italy)	49	120	9
	mean of two studies	46±3	120	8
	Grapes, black, Waltham Cross (Australia)	59	120	11
410	Kiwi fruit, raw			
	Kiwi fruit, Hayward (New Zealand) 6	47±4	120	5

Kiwi fruit (Australia) 6	58±7	120	7
mean of two studies	53±6	120	6
411 Lychee, canned in syrup and drained, Narcissus brand (China)	79±8	120	16
412 Mango, raw			
Mango (Mangifera indica) (Philippines) 6	41	120	8
Mango (Mangifera indica) (Australia) 6	51±3	120	8
Mango, ripe (Mangifera indica) (India) 11	60±16	120	9
mean of three studies	51±5	120	8
413 Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Qld, Australia)	42±3	100	10
414 Marmalade, orange (Australia)	48±9	30	9
415 Oranges, raw			
Oranges, NS (Denmark)	31	120	3
Oranges, NS (South Africa)	33±6	120	3
Oranges, NS (Canada)	40±3	120	4
Oranges, NS (Italy)	48	120	5
Oranges (Sunkist, Van Nuys, CA, USA)	48	120	5
Oranges NS(Canada)	51	120	6
mean of six studies	42±3	120	5
416 Orange juice			
Orange Juice (Canada)	46±6	250	12
Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd., Australia)	53±6	250	9
Orange juice, reconstituted from frozen concentrate (USA)	57±6	250	15
mean of three studies	52±3	250	12
417 Paw paw/papaya, raw			
Paw paw (Carica papaya) (Australia) 6	56±6	120	5
Paw paw (papaya), ripe (India) 11	60±16	120	17
Papaya (Carica papaya) (Philippines) 6	60	120	9
mean of three studies	59±1	120	10
Peaches			

418	Peach, raw (Canada)	28	120	4
	Peach, raw (Italy)	56	120	5
	mean of two studies	42±14	120	5
419	Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Vic, Australia)	30±4	120	3
	Peach, canned in natural juice (SPC Ltd., Shepparton, Vic, Australia)	45±6	120	5
	mean of two studies	38±8	120	4
420	Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Vic, Australia)	58±11	120	9
421	Peach, canned in light syrup (Delmonte, Canadian Cannery Ltd.)	52	120	9
422	Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	62±9	120	11
Pears				
423	Pear, raw, NS(Canada)	33	120	4
424	Pear, Winter Nellis, raw (New Zealand) 6	34±4	120	4
425	Pear, Bartlett, raw (Canada)	41	120	3
426	Pear, raw, NS (Italy)	42	120	4
	mean of four studies	38±2	120	4
427	Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	25±6	120	4
428	Pear halves, canned in natural juice (SPC Ltd., Australia)	43±15	120	5
429	Pear, canned in pear juice, Bartlett (Delmonte, Canadian Cannery Ltd.)	44	120	5
Pineapple				
430	Pineapple, raw (Australia) 6	66±7	120	6
	Pineapple (Ananas comosus), raw (Philippines) 6	51	120	8
	mean of two studies	59±8	120	7
431	Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250	15

Plums

432	Plum, raw, NS (Canada)	24	120	3
	Plum, raw, NS (Italy)	53	120	6
	mean of two studies	39±15	120	5
433	Prunes, pitted (Sunsweet Growers Inc., Yuba City, CA, USA)	29±4	60	10
434	Raisins (Canada)	64±11	60	28
435	Rockmelon/Cantaloupe, raw (Australia) 6	65±9	120	4
436	Strawberries, fresh, raw (Sydney, NSW, Australia) 6	40±7	120	1
437	Strawberry jam	51±10	30	10
438	Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	30	23
439	Sultanas	56±11	60	25
440	Tomato juice, no added sugar (Berri Ltd., Berri, SA, Australia) 6	38±4	250	4
441	Tropical Fruity Bitz TM, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	41±3	15	5
442	Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Sydney, NSW, Australia)	59±8	100	12
443	Watermelon, raw (Australia) 6	72±13	120	4
444	Wild Berry Fruity Bitz TM, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	35±4	15	4

INFANT FORMULA AND WEANING FOODS

445 Formula

	Infasoy TM, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia) 6	55±6	100 mL	4
	Karicare TM gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) 6	35±5	100 mL	2
	Nan-1 TM infant formula with iron (Nestlé, Sydney, NSW, Australia) 6	30±6	100 mL	2
	S-26 TM infant formula (Wyeth Nutritionals, Australia) 6	36±6	100 mL	3

Weaning Foods

446	Farex™ baby rice (Heinz Wattie's Ltd., Malvern, Vic, Australia)	6	95±13	87	6
447	Robinsons First Tastes from 4 months (Nutricia, Wells, UK)				
	Apple, apricot and banana cereal	6	56±8	75	7
	Creamed porridge	6	59±8	75	5
	Rice pudding	6	59±6	75	6
448	Heinz for Baby from 4 months (Heinz Wattie's Ltd., Australia)				
	Chicken and noodles with vegetables, strained	6	67±11	120	5
	Sweetcorn and rice	6	65±13	120	10

LEGUMES AND NUTS

449 Baked Beans

	Baked Beans, canned (Canada)		40±3		
	Baked Beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)		56		
	mean of two studies		48±8	150	7

450 Beans, dried, boiled

	Beans, dried, type NS (Italy)		36	150	11
	Beans, dried, type NS (Italy)		20	150	6
	mean of two studies		29±9	150	9

451 Blackeyed beans/peas (Cowpeas), boiled

	Blackeyed beans (Canada)		50	150	15
	Blackeyed beans (Canada)		33±4	150	10
	mean of two studies		42±9	150	13

452 Butter Beans

	Butter beans (South Africa)		28±7	150	5
	Butter beans, dried, cooked 1.25 h (South Africa)		29±8	150	6
	Butter beans (Canada)		36±4	150	7
	mean of three studies		31±3	150	6
	Butter beans, dried, boiled + 5g sucrose (South Africa)		30±2	150	6

	Butter beans, dried, boiled + 10g sucrose (South Africa)	31±2	150	6
	Butter beans, dried, boiled + 15g sucrose (South Africa)	54±4	150	11
453	Chickpeas (Garbanzo beans, Bengal gram), boiled			
	Chickpeas (<i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min (Philippines)	10	150	3
	Chickpeas, dried, boiled (Canada)	31	150	9
	Chickpeas (Canada)	33	150	10
	Chickpeas (Canada)	36±5	150	11
	mean of four studies	28±6	150	8
454	Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42	150	9
455	Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41	150	7
456	Haricot/Navy beans			
	Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29	150	9
	Haricot/Navy beans, dried, boiled (Canada)	30	150	9
	Haricot/Navy beans, boiled (Canada)	31±6	150	9
	Haricot/Navy beans (King Grains, Canada)	39	150	12
	Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada)	59	150	19
	mean of five studies	38±6	150	12
457	Kidney Beans			
	Kidney/white bean (<i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min (Philippines)	13	150	3
	Kidney beans (<i>Phaseolus vulgaris</i>) (India)	19	150	5
	Kidney beans (USA) 5	23	150	6
	Kidney beans, dried, boiled (France)	23±1	150	6

Kidney beans (<i>Phaseolus vulgaris</i> L.), red, soaked 20 min, boiled 70 min (Sweden)	25	150	6
Kidney beans (Canada)	29±8	150	7
Kidney beans, dried, boiled (Canada)	42	150	10
Kidney beans (Canada)	46	150	11
mean of eight studies	28±4	150	7
458 Kidney beans (<i>Phaseolus vulgaris</i> L.) - autoclaved	34	150	8
459 Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52	150	9
460 Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India) 11	70±11	150	17
461 Black bean (<i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 45 min (Philippines)	20	150	5
462 Lentils, type NS			
Lentils, type NS (USA)	28		
Lentils, type NS (Canada)	29±3		
mean of two studies	29±1	150	5
463 Lentils, green			
Lentils, green, dried, boiled (Canada)	22	150	4
Lentils, green, dried, boiled (France)	30±15	150	6
Lentils, green, dried, boiled (Australia)	37±3	150	5
mean of three studies	30±4	150	5
464 Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52	150	9
465 Lentils, red			
Lentils, red, dried, boiled (Canada)	18	150	3
Lentils, red, dried, boiled (Canada)	21	150	4
Lentils, red, dried, boiled (Canada)	31	150	6
Lentils, red, dried, boiled (Canada)	32	150	6
mean of four studies	26±4	150	5
466 Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32	150	10
467 Marrowfat peas			

Marrowfat peas, dried, boiled (USA)	31		
Marrowfat peas, dried, boiled (Canada)	47±3		
mean of two studies	39±8	150	7
468 Mung beans			
Mung bean (<i>Phaseolus aureus</i> Roxb), soaked, boiled 20 min (Philippines)	31	150	5
Mung bean, fried (Australia)	53±8		
Mung bean, germinated (Australia)	25±4	150	4
Mung bean, pressure cooked (Australia)	42±5	150	7
469 Peas, dried, boiled (Australia)	22	150	2
470 Pigeon Pea (<i>Cajanus cajan</i> Linn. Huth.), soaked, boiled 45 min (Philippines)	22	150	4
471 Pinto beans			
Pinto beans, dried, boiled (Canada)	39	150	10
Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45	150	10
472 Romano beans (Canada)	46	150	8
473 Soya beans			
Soya beans, dried, boiled (Canada)	15±5	150	1
Soya beans, dried, boiled (Australia)	20±3	150	1
mean of two studies	18±3	150	1
Soya beans, canned (Canada)	14±2	150	1
474 Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32	150	6
MEAL REPLACEMENT PRODUCTS			
475 Hazelnut & Apricot bar (Dietworks, South Yarra, Vic, Australia)	42±7	50	9
476 L.E.A.N™ products (Usana Inc., Salt Lake City, UT, US)			
L.E.A.N Fibergy™ bar, Harvest Oat	45±4	50	13
Nutrimeal™, drink powder, Dutch Chocolate	26±3	250	3
L.E.A.N (Life long) Nutribar™, Peanut Crunch	30±4	40	6
L.E.A.N (Life long) Nutribar™, Chocolate Crunch	32±4	40	6
mean of two Nutri bars	31±1	40	6

**Worldwide Sport Nutrition reduced-carbohydrate products
(2000 formulations)
(Worldwide Sport Nutritional Supplements Inc., Largo, FL,
US)**

477	Designer chocolate, sugar-free 6	14±3	35	3
478	Burn-it™ bars			
	Chocolate deluxe 6	29±3	50	2
	Peanut butter 6	23±3	50	1
479	Pure-protein™ bars			
	Chewy choc-chip 6	30±4	80	4
	Chocolate deluxe 6	38±4	80	5
	Peanut butter 6	22±4	80	2
	Strawberry shortcake 6	43±4	80	6
	White chocolate mousse 6	40±4	80	6
480	Pure-protein™ cookies			
	Choc-chip cookie dough 6	25±3	55	3
	Coconut 6	42±5	55	4
	Peanut butter 6	37±7	55	3
481	Ultra pure-protein™ shakes			
	Cappuccino	47±6	250	1
	Frosty chocolate	37±6	250	1
	Strawberry shortcake	42±4	250	1
	Vanilla ice cream	32±5	250	1
MIXED MEALS AND CONVENIENCE FOODS				
482	Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Tooronga, Vic, Australia)	46±4	100	7
483	Fish Fingers (Canada)	38±6	100	7
484	Greek lentil stew with a bread roll, home made (Australia)	40±5	360	15
485	Kugel (Polish dish containing egg noodles, sugar, cheese and	65±6	150	31

	raisins) (Israel)			
486	Lean Cuisine TM, French style chicken with rice, reheated (Nestlé, Sydney, NSW, Australia) 6	36±6	400	24
487	Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6	100	12
488	Pizza			
	Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60	100	16
	Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80	100	22
	Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	100	9
	Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	100	7
	Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia) 6	49±6	100	12
489	Sausages, NS(Canada)	28±6	100	1
490	Sirloin chop with mixed vegetables and mashed potato, home made (Australia)	66±12	360	35
491	Spaghetti bolognese, home made (Australia)	52±9	360	25
492	Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17	360	55
493	Sushi			
	Sushi, salmon (from 'I Love Sushi' chain store, Sydney, NSW, Australia) 6	48±8	100	17
	Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20
	Mean of two studies	52±4	100	19
494	White boiled rice, grilled beefburger, cheese, and butter (France)	27	440	14
	White boiled rice, grilled beefburger, cheese and butter (France)	22	440	11
	Mean in two groups of subjects	25±2	440	13
	White bread with toppings			
495	White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber (Sweden) 6	55	200	38

496	White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden) 6	39	200	11
497	White bread with butter (Canada)	59	100	29
498	White bread with skim milk cheese (Canada)	55	100	26
499	White bread with butter and skim milk cheese (Canada)	62	100	23
500	White/wholemeal wheat bread with peanut butter (Canada)	51	100	23
	White/wholemeal wheat bread with peanut butter (Canada) mean of two studies	67	100	30
		59±8	100	26

NUTRITIONAL SUPPORT PRODUCTS

501	Choicedm TM, vanilla (Mead Johnson Nutritionals, Evansville, IN, US)	23±4	237mL	6
502	Enercal Plus TM, made from powder (Wyeth-Ayerst International Inc., Madison, NJ, US)	61±13	237mL	24
503	Ensure TM (Abbott Australasia, Kurnell, NSW, Australia)	50±8	237mL	19
504	Ensure TM, vanilla (Abbott Australasia)	48±3	250mL	16
505	Ensure TM bar, chocolate fudge brownie (Abbott Australasia)	43±3	38	8
506	Ensure Plus TM, vanilla (Abbott Australasia)	40±4	237mL	19
507	Ensure Pudding TM, old fashioned vanilla (Abbott Laboratories Inc., Ashland, OH, USA)	36±4	113	9
508	Glucerna TM, vanilla (Abbott Laboratories Inc., USA) 6	31±2	237mL	7
509	Jevity TM (Abbott Australasia)	48±3	237mL	17
510	Resource Diabetic TM, French vanilla (Novartis Nutrition Corp., Young America, MN, USA) 6	34±3	237mL	8
511	Resource Diabetic TM, Swiss chocolate (Novartis, Auckland, New Zealand)	16±4	237mL	7
512	Resource TM thickened orange juice, honey consistency (Novartis, New Zealand)	47±9	237mL	18
513	Resource TM thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7	237mL	19
514	Resource TM fruit beverage, peach flavour (Novartis, New Zealand)	40±8	237mL	16

515	Sustagen TM, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, NSW, Australia)	31±4	250mL	13
516	Sustagen TM Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4	250mL	15
517	Sustagen TM Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3	250	13
518	Ultracal TM with fiber (Mead Johnson, Evansville, IN, USA)	40	237 mL	12

PASTA and NOODLES

519	Capellini (Primo Foods Ltd., Toronto, Canada)	45	180	20
520	Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia)	78±10	180	32
521	Fettucine, egg			
	Fettucine, egg	32±4	180	15
	Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia)	47±6	180	22
	mean of two studies	40±8	180	18
522	Gluten-free pasta, maize starch, boiled 8 min (UK)	54	180	22
523	Gnocchi, NS (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia)	68±9	180	33
524	Instant noodles			
	Instant 'two-minute' noodles, Maggi ® (Nestlé, Sydney, NSW, Australia)	46±5		
	Instant 'two-minute' noodles, Maggi ® (Nestlé, Auckland, New Zealand)	48±8		
	Instant noodles (Mr Noodle, Vancouver, Canada)	47		
	mean of three studies	47±1	180	19
525	Linguine			
	Thick, durum wheat, white, fresh (Sweden)	43	180	21
	Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	180	23
	mean of two studies	46±3	180	22

Thin, durum wheat (Sweden)	49	180	23
Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	180	29
Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	180	18
Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53	180	22
mean of four studies	52±3	180	23
526 Mung bean noodles			
Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9	180	18
mean of two studies	33±7		
527 Macaroni			
Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	180	22
Macaroni, plain, boiled (Turkey)	48	180	23
mean of two studies	47±2	180	23
Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario)	64	180	32
528 Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	180	15
529 Rice noodles/pasta			
Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	180	15
Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia)	92±8	180	35
Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia)	76±6	180	37
Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	180	22
Spaghetti			
530 Spaghetti, gluten-free, rice and split pea, canned in tomato sauce	68±9	220	19

	(Orgran Foods, Australia)			
531	Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	180	14
532	Spaghetti, white, boiled 5 min			
	Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
	Boiled 5 min (Canada)	34	180	16
	Boiled 5 min (Canada)	40	180	19
	Boiled 5 min (Middle East)	44	180	21
	mean of four studies	38±3	180	18
533	Spaghetti, white or type NS, boiled 10-15 min			
	White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy) 12	58	180	28
	White, durum wheat flour, boiled 12 min (Starhushålls, Kungsörnen AB, Järna, Sweden)	47	180	23
	White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	180	25
	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	180	17
	Boiled 15 min (Canada)	41	180	20
	White, boiled 15 min in salted water (Unico, Concord, Canada)	44±3	180	21
	mean of seven studies	44±3	180	21
534	Spaghetti, white or type NS, boiled 20 min			
	White, durum wheat, boiled 20 min (Australia)	58±7	180	26
	Durum wheat, boiled 20 min (USA)	64±15	180	27
	mean of two studies	61±3	180	27
535	Spaghetti, white, boiled			
	White (Denmark)	33	180	16
	White, durum wheat (Catelli Ltd, Montreal, Canada)	34	180	16
	White (Australia)	38	180	17
	White (Canada)	42	180	20
	White (Canada)	48	180	23

	White (Vetta, Greens Foods, Glendenning, NSW, Australia)	49±7	180	22
	White (Canada)	50±8	180	24
	mean of seven studies	42±3	180	20
536	Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)			
	Boiled in 0.7% salted water for 11 min	59±15	180	28
	Boiled in 0.7% salted water for 16.5 min	65±15	180	31
	Boiled in 0.7% salted water for 22 min	46±10	180	22
	mean of three cooking times	57±6	180	27
537	Spaghetti, wholemeal, boiled			
	Wholemeal (USA)	32	180	14
	Wholemeal (Canada)	42±4	180	17
	mean of two studies	37±5	180	16
538	Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10	180	19
539	Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	180	9
540	Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada)	38	180	18
541	Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	180	10
542	Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia) 6	62±8	180	30
543	Vermicelli, white, boiled (Australia)	35±7	180	16

SNACK FOODS AND CONFECTIONERY

544	Burger Rings TM, barbeque-flavored (Smith's Snack Food Co., Chatswood, NSW, Australia)	90±16	50	28
545	Chocolate, milk, plain			
	Chocolate, milk, plain with sucrose (Belgium) 6	34±5	50	7
	Chocolate, milk (Cadbury's Confectionery, Ringwood, Vic, Australia)	49±6	50	14

Chocolate, milk, Dove ® (Mars Confectionery, Ballarat, Vic, Australia)	45±8	50	13
Chocolate, milk (Nestlé, Sydney, NSW, Australia)	42±8	50	13
mean of four studies	43±3	50	12
Chocolate, milk, plain, low-sugar with maltitol (Belgium) 6	35±16	50	8
546Chocolate, white, Milky Bar ® (Nestlé, Australia)	44±6	50	13
547Corn chips			
Corn chips, plain, salted (Doritos TM original, Smith's Snack Food Co., Australia, 1998)	42±4	50	11
Corn chips, plain, salted (Doritos TM original, Smith's Snack Food Co., Australia, 1985)	72	50	18
Nachips TM (Old El Paso Foods Co., Canada)	74	50	21
mean of three studies	63±10	50	17
548Fruit Bars			
Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry) (Mother Earth, Auckland, New Zealand)	50±8	50	17
Heinz Kidz TM Fruit Fingers, banana (HJ Heinz, Malvern, Vic, Australia)	61±11	30	12
Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Vic, Australia)	90±12	30	23
Roll-Ups ® , processed fruit snack (Uncle Toby's, Australia)	99±12	30	24
549Fruity Bitz TM , vitamin and mineral enriched dried fruit snacks			
Fruity Bitz TM, apricot (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	15	5
Fruity Bitz TM, berry (Blackmores Ltd., Australia)	35±4	15	4
Fruity Bitz TM, tropical (Blackmores Ltd., Australia)	41±3	15	5
mean of three flavours	39±2	15	4
550Jelly beans			
Jelly beans, assorted colors (Allen's, Nestle, Sydney, NSW,	80±8		

Australia)			
Jelly beans, assorted colors (Savings, Grocery Holdings, Toorong, Vic, Australia)	76±6		
mean of two studies	78±2	30	22
551 Kudos Whole Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA)	62±8	50	20
552 Life Savers ® , peppermint candy (Nestlé, Australia)	70±6	30	21
553 M & M's ® , peanut (Mars Confectionery, Australia)	33±3	30	6
554 Mars Bar ®			
Mars Bar ® (Mars Confectionery, Australia)	62±8	60	25
Mars Bar ® (M&M/Mars, USA)	68±12	60	27
mean of two studies	65±3	60	26
555 Muesli bar containing dried fruit (Uncle Toby's, Australia)	61±7	30	13
556 Nougat, Jijona (La Fama, Spain)	32	30	4
557 Nutella ® , chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia)	33±4	20	4
Nuts			
558 Cashew nuts, salted (Coles Supermarkets, Australia) 6	22±5	50	3
559 Peanuts			
Peanuts, crushed (South Africa) 6	7±4	50	0
Peanuts (Canada) 6	13±6	50	1
Peanuts (Mexico) 6	23	50	2
mean of three studies	14±8	50	1
560 Popcorn			
Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	55±7	20	6
Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	89	20	10
mean of two studies	72±17	20	8
561 Pop Tarts TM, double choc (Kellogg's, Pagewood, NSW, Australia)	70±2	50	24
562 Potato crisps			

	Potato crisps, plain, salted (Arnott's, Homebush, NSW, Australia)	57	50	10
	Potato crisps, plain, salted (Canada)	51±7	50	12
	mean of two studies	54±3	50	11
563	Pretzels, oven-baked, traditional wheat flavour (Parker's, Smith's Snack Food Co., Australia)	83±9	30	16
564	Skittles ® (Mars Confectionery, Australia)	70±5	50	32
565	Snack bars			
	Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	50	12
	Snack bar, Peanut Butter & Choc-Chip (Con Agra Inc., USA)	37±6	50	10
566	Snickers Bar ®			
	Snickers Bar ® (Mars Confectionery, Australia)	41±5	60	15
	Snickers Bar ® (M&M/Mars, USA)	68	60	23
	mean of two studies	55±14	60	19
567	Twisties TM, cheese-flavoured, extruded snack, rice and corn (Smith's Snackfood Co., Australia)	74±5	50	22
568	Twix ® Cookie Bar, caramel (M&M/Mars, USA)	44±6	60	17

SPORTS BARS

569	Power Bar ®			
	Power Bar ® , chocolate (Powerfood Inc., Berkeley, CA, USA)	58±5		
	Power Bar ® , chocolate (Powerfood Inc., Berkeley, CA, USA)	53		
	mean of two studies	56±3	65	24
570	Ironman PR bar ® , chocolate (PR Nutrition, San Diego, CA, USA)	39	65	10

SOUPS

571	Black Bean (Wil-Pack Foods, San Pedro, CA, USA)	64	250	17
572	Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66	250	27
573	Lentil, canned (Unico, Concord, Canada)	44	250	9
574	Minestrone, Traditional, Country Ladle TM (Campbell's Soups, Homebush, NSW, Australia)	39±3	250	7
575	Noodle soup (traditional Turkish soup with stock and noodles)	1	250	0

576	Split Pea (Wil-Pak Foods, USA)	60	250	16
577	Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20		
578	Tomato soup (Canada)	38±9	250	6

SUGARS AND SUGAR ALCOHOLS

579 **Blue Agave cactus nectar, high-fructose**

Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA) 6	11±1	10	1
Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA) 6	10±1	10	1

580 **Fructose**

25g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada) 6	11		
50g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)	12		
50g portion	20±5		
50g portion	21		
50g portion (Sigma Chemical Company, St. Louis, MO, USA)	24		
25g portion, fed with oats 28	25		
mean of six studies	19±2	10	2

581 **Glucose**

50 g portion (dextrose)	85		
25g portion, fed with oats 28	92		
50 g portion	93		
50 g portion (dextrose)	96		
50 g portion	96		
50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96		
50 g portion	100		
50 g portion (Glucodin TM glucose tablets, Boots, North Ryde,	102±9		

NSW, Australia)			
	25 g portion (Bio-Health, Canada) 6	103	
	50 g portion (dextrose)	111	
	100 g portion (Bio-Health, Canada) 12	114	
	mean of 11 studies	99±3	10 10
Glucose consumed with American ginseng (<i>Panax quinquefolius</i> L.)			
582	25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng 5	78	10 8
583	25 g glucose (Glucodex) 40 min after 3 g dried ginseng 5	80	
	25 g glucose (Glucodex) 40 min before 3 g dried ginseng 5	76	
	mean in two groups of subjects	78±2	10 8
584	Glucose consumed with gum/fiber		
	46 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, NSW, Australia)	79±3	10 6
	(total carbohydrate content of drink = 50 g)		
	50 g Glucose + 14.5 g guar gum	62	10 6
	50 g Glucose + 14.5 g oat gum (78% oat β-glucan)	57	10 6
	100 g Glucose + 20 g acacia gum 5	85	10 9
585	Glucose consumed with a mixed meal		
	30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter 55		
	(total meal contained 50 g carbohydrate) (France)		
	30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter 57		
	(total meal contained 50 g carbohydrate) (France)		
	mean in two groups of subjects	56±1	250 20
586	Honey		
	Locust honey (Romania) 6	32	25 7
	Yellow box (46% fructose) (Australia) 6	35±4	25 6
	Stringy Bark (52% fructose) (Australia) 6	44±4	25 9
	Red Gum (35% fructose) (Australia) 6	46±3	25 8
	Iron Bark (34% fructose) (Australia) 6	48±3	25 7

Yapunya (42 % fructose) (Australia) 6	52±5	25	9
Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	25	12
Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia) 6	62±3	25	11
Salvation Jane (32% fructose) (Australia) 6	64±5	25	10
Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia) 6	72±6	25	9
Honey, NS(Canada) 6	87±8	25	18
mean of 11 types of honey	55±5	25	10
587Lactose			
50 g lactose (Sigma Chemical Company, USA)	43		
25 g lactose (BDH, Poole, UK) 6	48		
25 g lactose 28	48		
mean of three studies	46±2	10	5
58850 g maltose	105±12	10	11
589Sucrose			
50 g sucrose (Sigma Chemical Company, USA)	58		
50 g sucrose (Redpath Sugars, Toronto, Canada)	58		
50 g sucrose	59±10		
50 g sucrose	60		
25 g sucrose (Redpath Sugars, Canada) 6	60		
25 g sucrose 28	64		
50 g sucrose	65±9		
100 g sucrose (Redpath Sugars, Canada) 12	65		
30 g sucrose 29	82		
25 g sucrose 6	110±21		
mean of 10 studies	68±5	10	7
Sugar alcohols and sugar-replacement compounds			
590Lactitol			
25 g lactitol 30	-1±7		
25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK) 30	3±1		

mean of two studies	2±3	10	0
591 Litesse			
25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) 30	7±2	10	1
25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) 30	4±2	10	0
592 Maltitol-based sweeteners or bulking agents			
25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium) 30	30±12	10	3
25 g Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium) 30	44±11	10	4
25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium) 30	73±29	10	7
25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium) 30	89±28	10	9
593 Xylitol			
25 g xylitol 30	7±7		
25 g Xylitol C (Danisco Sweeteners, UK) 30	8±2		
mean of two studies	8±1	10	1
VEGETABLES			
594 Broad beans (Canada) 6	79±16	80	9
595 Green peas			
Pea, frozen, boiled (Canada) 6	39	80	3
Pea, frozen, boiled (Canada) 6	51±6	80	4
Pea, green (Pisum Sativum) (India) 11	54±14	80	4
mean of three studies	48±5	80	3
596 Pumpkin (South Africa)	75±9	80	3
597 Sweet corn			
Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	80	6
Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48	80	8
Sweet corn (Canada)	59±11	80	11
Sweet corn, boiled (USA)	60	80	11

Sweet corn, boiled (USA)	60	80	11
Sweet corn (South Africa)	62±5	80	11
mean of six studies	54±4	80	9
Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA)	46	80	7
Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47	80	7
Root vegetables			
598Beetroot (Canada) 6	64±16	80	5
599Carrots			
Carrots, raw (Romania) 5,6	16	80	1
Carrots, peeled, boiled (Sydney, NSW, Australia) 6	32±5	80	1
Carrots, peeled, boiled (Sydney, NSW, Australia) 6	49±2	80	2
Carrots, NS (Canada) 6	92±20	80	5
mean of four studies	47±16	80	3
600Cassava, boiled, with salt (Kenya, Africa)	46	100	12
601Parsnips (Canada) 6	97±19	80	12
Potato			
602Baked potato			
Ontario, white, baked in skin (Canada)	60	150	18
603Baked, Russet Burbank potatoes			
Russet, baked without fat (Canada)	56		
Russet, baked without fat, 45-60 min (USA)	78		
Russet, baked without fat (USA)	94		
Russet, baked without fat (USA)	111		
mean of four studies	85±12	150	26
604Boiled potato			
Desiree, peeled, boiled 35 min (Australia)	101±15	150	17
Nardine (New Zealand)	70±17	150	18
Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58	150	16

Pontiac, peeled, boiled whole for 30 min (Australia)	56	150	14
Pontiac, peeled, boiled 35 min (Australia)	88±9	150	16
Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63	150	11
Sebago, peeled, boiled 35 min (Australia)	87±7	150	14
605 Boiled/cooked, white/Type NS			
Type NS (Kenya, Africa)	24	150	7
White, cooked (Romania) 5	41	150	12
White, boiled (Canada)	54	150	15
Type NS, boiled (Australia)	56	150	11
Type NS, boiled in salted water (India)	76	150	26
mean of five studies	50±9	150	14
Type NS, boiled in salted water, refrigerated, reheated (India)	23	150	8
606 Canned potatoes			
Prince Edward Island, canned, microwave heated (Avon, Cobi Foods Inc., Port Williams, Canada)	61	150	11
New, canned, heated in microwave 3 min (Mint Tiny Taters, Edgell's, Cheltenham, Vic, Australia)	65±9	150	12
mean of two studies	63±2	150	11
607 French Fries			
French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75	150	22
608 Instant Mashed potato			
Instant (France)	74±12		
Instant (Canada)	80±13		
Instant (Edgell's Potato Whip, Edgell's, Australia)	86		
Instant (Carnation Foods Co. Ltd., Manitoba, Canada)	86		
Instant (Canada)	88		
Instant mashed potato (Idahoan Foods, Lewisville, ID, USA)	97±6		
mean of six studies	85±3	150	17
609 Mashed potato			

Type NS (Canada)	67		
Type NS (South Africa)	71±10		
Type NS (France)	83		
mean of three studies	74±5	150	15
Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada)	73	150	13
Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9	150	18
610Microwaved potato		150	12
Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9	150	14
Type NS, microwaved (USA)	82	150	27
611New Potato			
New (Canada)	47		
New (Canada)	54		
New (Canada)	70±8		
mean of three studies	57±7	150	12
New, unpeeled and boiled 20 min (Australia)	78±12	150	16
612Steamed potato			
Potato, peeled, steamed 1 h (Solanum Tuberosum) (India) 11	65±11	150	18
Potato dumplings (white wheat flour, white potatoes, boiled in salted water (Italy))	52	150	24
613Sweet potato			
Sweet potato, Ipomoea batatas (Australia)	44	150	11
Sweet potato, NS (Canada)	48±6	150	16
Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59	150	18
Sweet potato, kumara (New Zealand)	77±12	150	19
Sweet potato, kumara (New Zealand)	78±6	150	20
mean of five studies	61±7	150	17
614Swede			
Swede (rutabaga) (Canada) 6	72±8	150	7
615Tapioca			

Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81	250	14
Tapioca (Manihot Utilissima), steamed 1 h (India) 11	70±10	250	12
616Taro			
Taro (Colocasia esculenta) peeled, boiled (Australia)	54		
Taro, peeled, boiled (New Zealand)	56±12		
mean of two studies	55±1	150	4
617Yam			
Yam, peeled, boiled (New Zealand)	25±4		
Yam, peeled, boiled (New Zealand)	35±5		
Yam (Canada)	51±12		
mean of three studies	37±8	150	13

INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS

AFRICAN

618Brown beans (South Africa)	24±8	50 (dry)	6
622Cassava, boiled, with salt (Kenya)	46	100	12
624 Ga kenkey, prepared from fermented cornmeal (Zea mays) (Ghana) 31	12±1	150	7
625Gari, roasted cassava dough (Manihot utilissima) (Ghana) 31	56±3	100	15
619Gram dhal (chana dal; South Africa)	5±3	50 (dry)	1
620 Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6	50 (dry)	25
Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7	50 (dry)	30
Maize meal porridge/gruel (Kenya)	109	50 (dry)	41
621M'fino/Morogo, wild greens (South Africa)	68±8	120	34
623Millet flour porridge/gruel (Kenya)	107		
626Unripe plantain (Musa paradisiaca) (Ghana) 31	40±4	120 (raw)	13

627	Yam (<i>Dioscorea</i> species) (Ghana)	31	66	150	23
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ARABIC AND TURKISH

628	Houmous (chickpea salad dip)		6±4	30	0
629	Kibbeh saynieh (made with lamb and burghul)		61±16	120	9
630	Lebanese bread (white, unleaved), houmous, falafel and tabbouleh		86±12	120	39
631	Majadra (Syrian, lentils and rice)		24±5	250	10
632	Moroccan Couscous (stew of semolina, chickpeas, vegetables)		58±9	250	17
633	Stuffed Grapevine Leaves (rice and lamb stuffing with tomato sauce)		30±11	100	5
634	Tarhana soup (wheat flour, yoghurt, tomato, green pepper)		20		
635	Turkish bread, white wheat flour		87	30	15
636	Turkish bread, whole wheat		49	30	8
637	Turkish noodle soup		1	250	0

ASIAN

638	Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)		86±10	150	37
639	Butter rice, warm white rice and butter (Japan)		79	150	40
640	Curry rice (Japan)		67	150	41
641	Curry rice with cheese (Japan)		55	150	27
642	Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)		98±7	150	31
	Glutinous rice NS (Esubi Shokuhin, Japan)		86	150	55
	Mean of two studies		92±6	150	44
643	Glutinous rice ball with cut glutinous cake (mochi) (Japan)		48	75	14
644	Glutinous rice cake with dried sea algae (Japan)		83	75	32
645	Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)		65	100	27
646	Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)		109±10	150	46
647	Low-protein white rice with dried sea algae (Japan)		70	150	42

648	Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
649	Lychee, canned in syrup, drained (Narcissus brand, China)	79±8	120	16
650	Mung bean noodles, dried, boiled (China)	39±9	180	18
651	Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan)	68	100	34
652	Rice cracker, plain (Sakada, Japan)	91	30	23
653	Rice gruel with dried algae (Satou Co Ltd., Japan)	81	250	15
654	Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
655	Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4	180	15
656	Rice vermicelli, Kongmoon (National Cereals, China)	58	180	22
657	Roasted rice ball (Satou Co Ltd., Japan)	77	75	21
658	Salted rice ball (Satou Co Ltd., Japan)	80	75	20
659	Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	180	22
660	Stirfried vegetables, chicken and rice, home made (Australia)	73±17	360	55
661	Sushi, salmon ('I Love Sushi' chain store, Sydney, NSW, Australia)	48±8	100	17
	Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20
	Mean of two studies	52±4	100	19
662	Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, SA, Australia) 6	62±8	180	30
	Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	180	23
	Mean of two studies	55±7	180	26
663	White rice, dried sea algae and milk, eaten together (Japan)	57		
	White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56		
	White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55		
	Mean of three types	56±1	300	26
664	White rice with dried fish strip (okaka) (Japan)	79	150	40

665	White rice with fermented soybean (natto) (Japan)	56	150	24
666	White rice with instant miso soup (soybean paste soup) (Japan)	61	150	29
667	White rice with low-fat milk (Japan)	69	300	32
668	White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59		
	White rice and non-sugar yoghurt eaten together (Japan)	58		
	Mean of two types	59±1	150	19
669	White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63		
	White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61		
	Mean of two types	62±1	150	27
670	White rice topped with raw egg and soy sauce (Japan)	72	150	26
671	White rice with roasted ground soybean (Japan)	56	150	29
672	White rice with salted dried plum (umeboshi) (Japan)	80	150	39
673	White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	150	39
ASIAN INDIAN				
674	Amaranth, <i>Amaranthus esculentum</i> , popped, eaten with milk and non-nutritive sweetener	97±19	30	18
675	Bajra (<i>Pennisetum typhoideum</i>), eaten as roasted bread made from bajra flour	55±13		
	Bajra (<i>Pennisetum typhoideum</i>)	49		
	Bajra (<i>Pennisetum typhoideum</i>)	67		
	Mean of three studies	57±5	75 (dry)	29
676	Banana, (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h 11	70±11	120	31
677	Barley (<i>Hordeum vulgare</i>)	48		
	Barley (<i>Hordeum vulgare</i>)	37		
	Mean in two groups of subjects	43±6	150	16
678	Bengal gram dhal, chickpea (chana dal)	11	150	4
679	Black gram, (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h,	43±10	150	8

steamed 1 h 11

Chapatti

680	Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10	60	20
681	Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry	76±20	60	23
682	Chapatti, baisen	27		
683	Chapatti, bajra	67		
	Chapatti, bajra	49		
	Mean in two groups of subjects	58±9		
684	Chapatti, barley	37		
	Chapatti, barley	48		
	Mean in two groups of subjects	42±5		
685	Chapatti, maize, (Zea mays)	64		
	Chapatti, maize, (Zea mays)	59		
	Mean in two groups of subjects	62±3		
686	Chapatti, wheat, served with bottle gourd and tomato curry	66±9	60	21
687	Chapatti, flour from malted wheat, moth bean (Phaseolus aconitifolius) and bengal gram (Cicer arietinum)	66±9	60	25
688	Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8	60	14
689	Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9	60	23
690	Chapatti, wheat flour, thin, with green gram (Phaseolus aureus) dhal	81±4	200	41
	Chapatti, wheat flour, thin, with green gram (Phaseolus aureus) dhal	44±3	200	22
	Mean in two groups of subjects	63±19	200	32
	Cheela (thin savoury pancake made from legume flour batter)			
691	Cheela, bengal gram (Cicer arietinum)	42±1	150	12
	Cheela, bengal gram (Cicer arietinum), fermented batter	36±1	150	10

692	Cheela, green gram (<i>Phaseolus aureus</i>)	45±1	150	12
	Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter	38±1	150	10
693	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4		
	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6		
	Mean in two groups of subjects	33±2	100	6
694	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3	150	30
	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2	150	22
	Mean in two groups of subjects	66±11	150	26
695	Green gram, (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h 11	38±14	150	6
696	Green gram, whole with varagu (<i>Paspalum scorbiculatum</i>), pressure cooked	57±6	80 (dry)	29
697	Green gram dhal with varagu (<i>Paspalum scorbiculatum</i>), pressure cooked	78±12	78 (dry)	39
698	Horse gram, (<i>Dolichos biflorus</i>) soaked 12 h, stored moist 24 h, steamed 1 h 11	51±11	150	15
699	Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2	250	40
	Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	60±2	250	31
	Mean in two groups of subjects	69±9	250	36
700	Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>)	77±8	70 (dry)	39
701	Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds)	24±4		
	in hot sweet syrup			
	Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds)	29±4		

	in hot sweet syrup			
	Mean in two groups of subjects	27±3	50	8
702	Lentil and cauliflower curry with rice (Australia)	60±10	360	31
703	Millet/Ragi, (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h 11	68±10	150	23
704	Millet/Ragi (<i>Eleusine coracana</i>) 11	84	70 (dry)	42
	Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread mean of two studies	104±13	70 (dry)	52
		94±10		
705	Pongal (rice and roasted green gram dhal, pressure cooked)	90±3		
	Pongal (rice and roasted green gram dhal, pressure cooked)	45±2		
	Mean in two groups of subjects	68±23	250	35
706	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2		
	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1		
	Mean in two groups of subjects	70±13	150	28
707	Rajmah, <i>Phaseolus vulgaris</i>	19	150	6
708	Rice, (<i>Oryza Sativa</i>) boiled served with bottle gourd and tomato curry	69±15	150	26
709	Semolina			
	Semolina (<i>Triticum aestivum</i>), steamed	55±9	67 (dry)	28
	Semolina (<i>Triticum aestivum</i>), pre-roasted	76±6	67 (dry)	38
	Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>)	46±12	71 (dry)	23
	Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>)	62±20	71 (dry)	31
	Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>)	54±7	71 (dry)	27
710	Tapioca (<i>Manihot utilissima</i>), steamed 1h 11	70±10	250	12
711	Varagu (<i>Paspalum scrobiculatum</i>), pressure cooked 15lb 12-15 min	68±8	76 (dry)	34
712	Upittu (roasted semolina and onions, cooked in water)	67±3		

	Upittu (roasted semolina and onions, cooked in water)	69±4		
	Mean in two groups of subjects	68±1	150	28
713	Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3		
	Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3		
	Mean in two groups of subjects	18±1	150	6
AUSTRALIAN ABORIGINAL				
714	Acacia aneura, mulga seed, roasted, wet ground to paste 6	8	50	1
715	Acacia coriacea, desert oak, seed bread 6	46	75	11
716	Araucaria bidwillii, bunya tree nut, baked 10 min 6	47	50	7
717	Bush honey, sugar bag 6	43	30	11
718	Castanospermum australe, blackbean seed, sliced, soaked 1 wk, pounded and baked 6	8	50	1
719	Dioscorea bulbifera, cheeky yam, peeled, sliced, soaked 2 d, baked 15 min 6	34	150	12
720	Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked 6	40±2	50	10
PACIFIC ISLANDERS				
721	Breadfruit (Artocarpus altilis) (Australia) 6	68	120	18
722	Banana/plantain, green			
	Green banana, boiled (New Zealand)	38±10	120	8
723	Sweet Potato			
	Sweet potato, Ipomoea batatas (Australia)	44	150	11
	Sweet potato, kumara (New Zealand)	77±12	150	19
	Sweet potato, kumara (New Zealand)	78±6	150	20
	mean of three studies	66±11	150	17
724	Taro			
	Taro (Colocasia esculenta) peeled, boiled (Australia)	54		
	Taro, peeled, boiled (New Zealand)	56±12		
	mean of two studies	55±1	150	4

725Yam

Yam, peeled, boiled (New Zealand)	25±4		
Yam, peeled, boiled (New Zealand)	35±5		
mean of two groups of subjects	30±5	150	13

ISRAELI

726Melawach (dough made from white wheat flour and butter, fried)	61±10		
Melawach	71±7		
mean of two studies	66±5	115	35
727Melawach + 15 g locust bean (<i>Ceratonia siliqua</i>) fiber (soluble)	31±6	130	16
728Melawach + 15 g maize cob fiber (insoluble)	59±10	130	31
729Melawach + 15 g lupin (<i>Lupinus albus</i>) fiber	72±10	130	38

PIMA INDIAN

730Acorns, stewed with venison (<i>Quercus emoryi</i>) 6	16±1	100	1
731Cactus jam (<i>Stenocereus thurberi</i>)	91	30	18
732Corn hominy (<i>Zea mays</i>) 6	40±5	150	12
733Fruit Leather (<i>Stenocereus thurberi</i>)	70	30	17
734Lima beans broth (<i>Phaseolus lunatus</i>) 6	36±3	250	12
735Mesquite cakes (<i>Prosopis velutina</i>) 6	25±3	60	1
736Tortilla (<i>Zea mays</i> and <i>Olneya tesota</i>)	38	60	9
737White teparies broth (<i>Phaseolus acutifolius</i>) 6	31±3	250	10
738Yellow teparies broth (<i>Phaseolus acutifolius</i>) 6	29±3	250	8

LATIN AMERICAN

739Arepá, corn bread cake, made with corn flour (Mexico)	72	100	31
740 ^{9, 34} Arepá, made from ordinary dehulled dent corn flour (25% amylose)	81	100	35
741Arepá, made from dehulled high-amylose (70%) corn flour 9, 34	44	100	11
742Black Beans	30	150	7
743Brown Beans	38	150	9
744Corn tortilla (Mexican)	52	50	12
745 Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican)	39	100	9

746	Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican)	78	100	11
747	Nopal (prickly pear cactus)	7	100	0
748	Pinto beans, boiled in salted water	14	150	4
749	Wheat tortilla (Mexican)	30	50	8
750	Wheat tortilla served with refried pinto beans and tomato sauce (Mexican)	28	100	5

Footnotes:

1NS, not specified; type 1 and type 2, subjects with type 1 and type 2 diabetes; AUC, area under the curve. Serving sizes in grams unless specified otherwise.

2The published tables show GI values based on glucose=100 or on white bread=100.

3Estimated by multiplying the food's listed GI value with glucose as the reference food by the g carbohydrate per serving and dividing by 100.

4Human Nutrition Unit (Sydney University, Australia), unpublished observations, 1995-2002.

5The low GI may be explained by the inclusion of rolled oats in the recipe.

6Portions of the test food and the reference food contained 25 g carbohydrate.

5V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 1996-2000.

8GI calculated from the AUC for glucose.

9GI calculated by using a mathematical formula based on results from an in vitro starch hydrolysis assay.

10Impaired glucose tolerance.

11Both the test food and the reference food contained 75 g carbohydrate.

12Both the test food and the reference food contained 100 g carbohydrate.

13Values based on 0.5 g carbohydrate/kg body wt.

14AUC measured over 3 h for only 5 time points (0, 30, 60, 120, and 180 min).

15GI corrected for added milk and adjusted to represent a 50-g carbohydrate portion size.

16Made from raw oats that were cooked for 20 min.

17Used as reference food and given a GI of 100. The GI of the test food was measured by expressing the glucose AUC value for the test food as a percentage of the AUC value for wheat chapatti.

18GI calculated from AUC food/AUC glucose formula. The AUC value was calculated over 3 h for 5 time points only.

19J Dzieniszewski, J Ciok (National Food and Nutrition Institute, Poland), unpublished observations, 1996-2001.

20J Brand-Miller, S Holt (Sydney University, Australia), and V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 2000 and 2001.

21M Champ (INRA, France) and V Lang (Danone Vitapole Company, France), unpublished observations, 1998.

22AUC measured over 3 h for only 4 time points (0, 1, 2, and 3 h).

23AUC calculated as the area above fasting to 3 h only.

24AUC measured over 5 h, but blood samples taken at hourly intervals only.

25Potato used as reference food with a GI fixed at 80. The GI of the test food was calculated by expressing the test food's glucose AUC value as a percentage of the potato's AUC value.

26White rice was used as the reference food, but glucose was also tested and had a GI of 122. The observed GI was multiplied by 100 and then divided by 122 to convert it to a GI on the glucose scale (ie, glucose = reference food with a GI of 100).

27Blood glucose measured at 30-min intervals.

28GI for sugars calculated from the glycemic response for a meal of sugar and rolled oats minus the glycemic response for the oats alone.

29Both the test food and the reference food contained 30 g carbohydrate.

30Total weight of the test food was 25 g, whereas reference food contained 25 g available carbohydrate. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimate.

31Eaten as part of a mixed meal with fish, tomato, and onion sauce.

32AUC measured over 2 h for 4 time points (0, 30, 60, and 120 min).

33AUC measured over 4 h for only 6 time points (0, 30, 60, 120, 180, and 240 min).

34Both the test food and the reference food contained 45 g carbohydrate.

35Reference food was an ordinary corn flour arepa.

Additional Foods:

Sports drinks and energy foods:

GatorLode (Orange)	100
Gatorade (Orange)	89
XLR8 (Orange)	68
Poweraid (Orange)	65
Cytomax (Orange)	62
Allsport (Orange)	53
Clif bar (Cookies & Cream)	101
Power bar (Chocolate)	83
PR-bar (Cookies 'N Cream)	81
MET-Rx bar (Vanilla)	74
GatorPro (Chocolate) meal	89
Optifuel meal	78
Ensure (Vanilla) meal	75
Boost High Protein (Vanilla) meal	59
MET-Rx (Vanilla) meal	58
Boost (Vanilla) meal	53

Source: Randall J. Gretebeck et al., "Glycemic index of popular sports drinks and energy foods," *Journal of the American Dietetic Association*, March 2002, pp. 415-417.

Dates:

bahri dates	50
khalas dates	36
bo ma'an dates	31

Source: Campbell J. Miller et al., "Glycemic index of 3 varieties of dates," *Saudi Medical Journal*, May 2002, pp. 536-538.

Source: Sydney University's Glycemic Index Research Service

Fruit Juices:

Pomegranate juice	67	240ml	23
Blueberry juice	58	240ml	14
Grape juice	58	240ml	24

Source: email from [POM Wonderful](#) reporting tests from a leading GI testing laboratory.

Last modified: September 24, 2007